



Activity Plan

TITLE: Interval Running (1 mile run)

KEY SKILLS(S) and CONCEPTS: Running, endurance, race pacing

SUGGESTED GRADE LEVEL(S): 4-8

OBJECTIVES(S): Students will be able to:

- Demonstrate improved running skills.
- Demonstrate improved cardiovascular endurance.
- Demonstrate improved understanding of appropriate pacing for the mile run test by hitting their target times.
- Demonstrate teamwork.

SUPPORT NATIONAL STANDARDS FOR PHYSICAL EDUCATION (NASPE, 2004):

- 1 - Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activities.
- 2 - Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- 5 - Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
- 6 - Values physical activity for health, enjoyment, self-expression, and/or social interaction.

MATERIALS NEEDED: Running track or a measuring wheel, stopwatch, race pace chart

DESCRIPTION:

With the knowledge of their own mile run time, each child can look up or be told the target time for shorter segments of the mile run: $\frac{1}{4}$ mile and $\frac{1}{2}$ mile times that need to be achieved in order to run their overall time. Students run $\frac{1}{4}$ mile at their race pace time and then walk a $\frac{1}{4}$ mile. This is repeated three times, so the overall running distance equals one mile. When the $\frac{1}{2}$ mile interval is run, instead of the $\frac{1}{4}$ mile interval, the students walk $\frac{1}{2}$ mile and only repeat the $\frac{1}{2}$ mile interval one time.

TEACHING SUGGESTIONS/TIPS:

- To challenge students to achieve a better test time in the mile, have them shoot for a target time 5 seconds faster than their $\frac{1}{4}$ mile split in the 1 mile run and 8 seconds faster than their $\frac{1}{2}$ mile split in the 1 mile run. For example: For a 10 minute mile with a standard $\frac{1}{4}$ mile split of 2:30, the goal would be to run their interval in 2:25 with a full $\frac{1}{4}$ mile recovery walk before the next interval.

VARIATIONS AND/OR SUGGESTIONS:

- Divide class into four groups based on target times, so they learn the concept of pacing along with students with similar running skill.
- Stagger running groups so the teacher can focus on only 1-2 groups at a time. Other groups can be involved in the active walking portion of the interval training.
- Remind groups that are walking to listen for runners moving up behind them, to stay out of the way of runners, and move to the outside lanes of the track.

REFERENCES:

Doherty, Ken. (2007). Track and field omnibook, 5th edition, Los Altos, CA. Track and Field News Press.

Floyd, Patricia & Parke, E. (1990). Walk, jog, run: wellness for everyone. Hunter Textbooks.

Kelso, Tom. (2005). The interval training manual: 520+ interval running workouts for all sports and abilities. Monterey, CA: Coaches Choice.

Shorter, Frank. (2005). Running for health, fitness and peak performance / Frank 1st American ed., New York: DK Pub.