

GET YOUR RUN ON

Get moving with your family!
Try our couch-to-2k or couch-to-5k
family running plan. Our 2k plan is
perfect for beginners or younger
children, while our 5k plan is great
for novice runners or older children
and teens looking to challenge
themselves.



**AT-HOME FAMILY
RUNNING PLAN**

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Introduction

Looking for ways to get outside and get active? Try our couch-to-2k or couch-to-5k family running plan. Our 2k plan is perfect for beginners or younger children, while our 5k plan is great for novice runners or older children and teens looking to challenge themselves. Both plans are four weeks in duration, twice per week. We also included two bonus runs – a hill run and stair run – for an added challenge.

Each day's run will be similar in structure:



Goal Setting

Each day will focus on a new target. We encourage you to discuss your individual goal for the day's run as a family. Encourage everyone who is running with you to set a goal that is achievable, and is unique to their particular need. For example, it could be trying to go slightly faster or longer than your previous run, or incorporating a new element, such as a hill run or running up a set of stairs.

Warm Up & Dynamic Stretch

We will begin every run with a 1-minute walk to get your heart pumping, then move to dynamic stretching. This simply means moving your joints through a range of motion. At the beginning of our workout we want to stretch in a way that helps us to loosen our muscles and joints and reduces strains.

Run!

Each day we will build strength and stamina by incorporating run/walks, longer endurance runs, and shorter sprints. You will have the choice to follow the 2k or 5k plan each day. Even if you are following one plan, you can always mix it up and follow the other plan if you feel like an extra challenge, or if your body tells you to take it slow that day.

Cool Down & Static Stretch

Following your run, we recommend walking to bring your heart rate back down. We will then end with a few static stretches which involve holding a stretch for 20-40 seconds.

About BOKS

What is BOKS

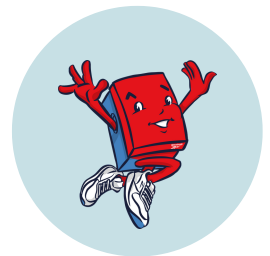
BOKS is a FREE physical activity program designed to get kids active and establish a lifelong commitment to health and fitness. BOKS is a not-for-profit initiative of the Reebok Foundation to expand and enhance physical activity in grades K – 9 all around the world.



BOKS Resources

In addition to this Get Your Run On resource, you can have access to all our additional resources and activities in the BOKS Trainer Hub:

- BOKS Bursts - 1-10 minute daily physical activities designed to keep kids moving throughout the day.
- Our flagship full length lesson plans (25 – 45 minutes in length) that are fun and engaging, incorporating functional fitness skills, running, games, cool downs and nutritional talks.
- BOKS Games Booklet - fun and challenging games, crafts, puzzles, and activities to do.
- Monthly Fitness Calendars - an easy to follow calendar complete with daily burst activities, weekly challenges, follow along videos, and mindfulness minutes. It is a perfect turnkey document for kids and families.
- BOKS Bootcamp - 10-week fitness challenge for kids in Grades 7 through 12.
- Lessons On Demand - full length lessons with follow along videos.
- And much more!

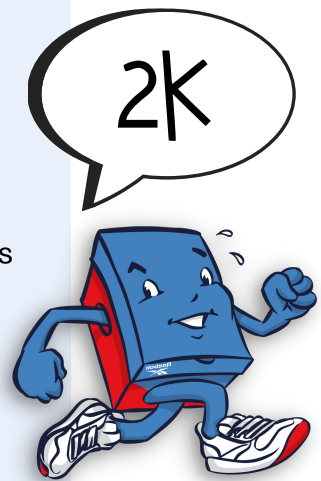


Running for Time vs. Running for Distance

For beginning runners, it is important to focus on how many minutes you are active – not how far you manage to get in that time. While we do celebrate your success with a distance run, the goal should be to focus on increasing your strength and endurance, which will ultimately result in increased distance.

Setting the pace

Everyone's cadence or rhythm is different, and part of the enjoyment of running is to learn yours. Do you like to sprint and then walk? Do you prefer longer, slower paced jogs? Equally important is learning where you like to run. Running on the street or sidewalk is quite different from running on a trail through the woods, or at the track at a local high school. Over the next four weeks, test out different settings – see how the ground feels under your feet, and how the terrain impacts your running time and the muscles you feel working. Compare notes with the rest of your family or running group – do you all like to run in the same locations, on the same terrain? The more you enjoy your run, the more likely you are to stick with it.



How far are 2k and 5k?

The first thing you need to do is figure out how far two and five kilometers are! You can do this by hopping in a car and tracking it on your odometer, or by pulling up a local website map that will give directions or use one of the many free running apps. We recommend doing this before you begin your first day and discussing as a group so you all have a visual of your goal distance.



Gathering your tools

The best thing about running is that you don't need any fancy equipment. However, there are a few things that might make the run more enjoyable for you:

A pair of running shoes

It is important that you have a pair of running shoes that are comfortable and work well for where you are running. For example, shoes with deep treads might not be great if you are running on trails, as rocks and twigs could get caught in them. If you are running on concrete, you may want something that helps absorb some of the impact.



Comfortable socks

No one likes a blister! Be sure to wear socks that cover the back of your heel and protect it from your shoe rubbing on your skin.



A water bottle or water belt

If you don't want to carry one, be sure to have a few sips before you head out – but not too much, you don't want to get a cramp.



A timer

Timers, particularly Tabata timers, can be downloaded for free on most smartphones. Before you leave on your run, look ahead at your plan and consider entering your time intervals into the timer. Then you simply need to follow the beeps.



Music

Ok, this one isn't necessary, but it sure makes running more fun. Be sure to put on your favorite playlist to stay motivated the whole time.



Rate of Perceived Exertion

HOW SHOULD YOU FEEL?



It is important that we know what rate we should be at for each activity, and that we keep our exertion within that level. This helps make sure we are not working out too hard and being unsafe, but also helps make sure we are working hard enough to get all of the benefits of a good workout!

For the most part, we want to be working out in the MODERATE TO VIGOROUS (green) zones. Warm up can be in the LIGHT (yellow) zone to start, and then we want to progress towards moderate to vigorous. We should sustain the HARD (yellow) and DIFFICULT (red) zones for a short period of time only, and only after a thorough warm up.

- Zone 1 and 4 = Only want to be here for a short time.
- Zone 2 and 3 = This is where you want to be.
- Zone 5 = Caution.

Week 1

DAY 1 30 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk, ten walking lunges per leg, side shuffle left ten paces, side shuffle right ten paces. Repeat.

Endurance (RPE 3)

2k Plan

 15 MIN

- 2 minute brisk walk
- 1 minute jog
- 3 minute brisk walk
- 1 minute jog
- 3 minute brisk walk
- 1 minute jog
- 3 minute brisk walk
- 1 minute jog

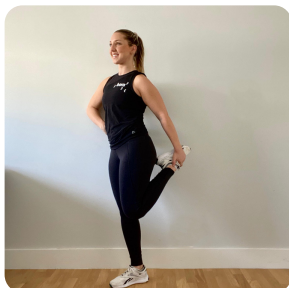
5k Plan

 25 MIN

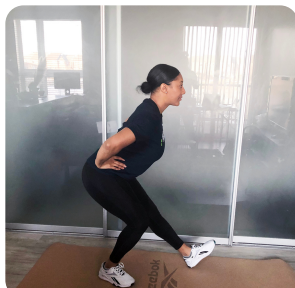
- 1 minute brisk walk
- 4 minute jog
- 2 minute brisk walk
- 4 minute jog
- 2 minute brisk walk
- 4 minute jog
- 2 minute brisk walk
- 4 minute jog
- 2 minute brisk walk

Cool Down & Static Stretching (RPE 1)

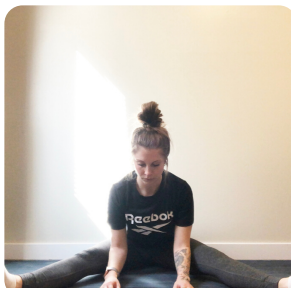
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



**QUADRICEP
STRETCH**



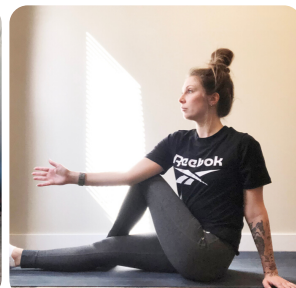
**HAMSTRING
STRETCH**



**ADDUCTOR
STRETCH**



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

Congratulations on your first day! Today's goal should be based on testing out your feet – start slow, listen to your body, and set your timer. The goal isn't to run the entire time today, but rather to keep moving. Because it is your first day, we are going to focus more on brisk walking with short running intervals. Ready? Let's go!

Week 1

DAY 2  **30 MIN**

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Butt kickers, high knees, jumping jacks, side shuffle (both directions), arm circles. Repeat.

Short Sprints (RPE 3-4)

2k Plan

 **15 MIN**

- 2 minute walk
- 30 second light jog
- 1 minute walk
- 30 second quick jog
- 2 minute walk
- 30 second quick jog
- 1 minute walk
- 30 second light jog

5k Plan

 23 MIN

- 2 minute walk
 - 5 minute jog
 - 30 second quick jog
 - 1 minute walk
 - 30 second quick jog
 - 1 minute walk
 - 30 second quick jog
 - 1 minute walk
 - 30 second quick jog
 - 1 minute walk
 - 30 second quick jog
- 1 minute walk
 - 30 second quick jog
 - 1 minute walk
 - 30 second light jog
 - 1 minute walk
 - 30 second light jog
 - 5 minute jog
 - 1 minute walk

Cool Down & Movement Flow (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners:

Downward dog, reverse warrior, runners lunge, standing single-leg forward bend, bow pose, pigeon. Hold each pose for 20-40 seconds.

GOAL SETTING



Today you will be testing out shorter bursts of activity. Try testing out how far you can go in each 30 second interval by identifying landmarks – for example, between telephone poles. This will give you a great point of comparison for the coming weeks to mark your gains in strength and stamina.



Week 2

GOAL SETTING



Building on your progress from week one, we will continue to build on our running intervals by increasing the duration of each run, while continuing to alternate walking and running.

DAY 1 30 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Butt kickers, crab walk, inchworm, grapevine, hip kicks. Repeat.

Endurance (RPE 3)

2k Plan

 15 MIN

- 2 minute brisk walk
- 1 minute jog
- 2 minute brisk walk
- 1 minute jog
- 2 minute brisk walk
- 2 minute jog
- 2 minute brisk walk
- 2 minute jog
- 2 minute brisk walk
- 1 minute jog

5k Plan

 25 MIN

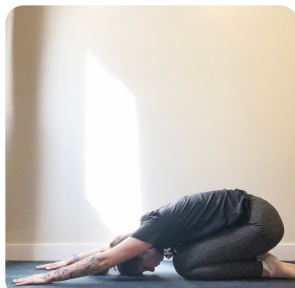
- 1 minute brisk walk
- 5 minute jog
- 1 minute walk
- 5 minute jog
- 1 minute walk
- 5 minute jog
- 1 minute walk
- 5 minute jog
- 1 minute walk

Cool Down & Static Stretching (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



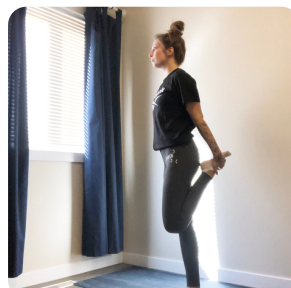
KNEE HUG



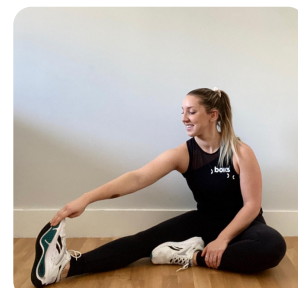
CHILD'S POSE



HIP FLEXOR
KNEELING STRETCH



QUADRICEP
STRETCH



SEATED HAMSTRING
STRETCH

Week 2

DAY 2 30 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Walking knee hugs, backpedaling, walking lunges, squats, leg swings, torso twists. Repeat.

Tabata Runs (RPE 3-4)

2k Plan

 15 MIN

- | | |
|--|--|
| • 1 minute walk | • 1 minute walk |
| • 30 second light jog | • 30 second light jog |
| • 1 minute walk | • 1 minute walk |
| • 30 second quick jog | • 30 second quick jog |
| • 1 minute walk | • Tabata (2 minutes) |
| • 30 second quick jog | ◦ 20 seconds of sprints – as fast as you can go for 20 seconds |
| • Tabata (2 minutes) | ◦ 10 seconds of walking |
| ◦ 20 seconds of sprints – as fast as you can go for 20 seconds | ◦ Repeat x 4 |
| ◦ 10 seconds of walking | • 1 minute walk |
| ◦ Repeat x 4 | • 30 second quick jog |

GOAL SETTING

Today you will be mixing in short, quick bursts with longer endurance stretches. We will be incorporating Tabata's, which are 20 seconds of high intensity activity (sprints) mixed with 10 seconds of active rest (walking). This is a great way to improve your strength and speed.

5k Plan

 25 MIN

- | | |
|--|--|
| • 1 minute walk | • 30 second jog |
| • 30 second jog | • 1 minute walk |
| • 1 minute walk | • 30 second quick jog |
| • 30 second jog | • Tabata (3 minutes) |
| • 1 minute walk | ◦ 20 seconds of sprints – as fast as you can go for 20 seconds |
| • 30 second jog | ◦ 10 seconds of walking |
| • Tabata (3 minutes) | ◦ Repeat x 6 |
| ◦ 20 seconds of sprints – as fast as you can go for 20 seconds | • 1 minute walk |
| ◦ 10 seconds of walking | • 30 second jog |
| ◦ Repeat x 6 | • 5 minute light jog to finish |
| • 1 minute walk | |

Cool Down & Movement Flow (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners:

Downward dog, reclining hand to big toe, toes pose, reclining pigeon, reclining spinal twist. Hold each pose for 20-40 seconds.



Week 3

DAY 1 35 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Butt kickers, crab walk, inchworm, grapevine, hip kicks. Repeat.

Endurance (RPE 3-4)

2k Plan

 20 MIN

- | | |
|-----------------------|-----------------------|
| • 1 minute brisk walk | • 2 minute jog |
| • 1 minute jog | • 1 minute brisk walk |
| • 1 minute brisk walk | • 2 minute jog |
| • 2 minute jog | • 1 minute brisk walk |
| • 1 minute brisk walk | • 2 minute jog |
| • 2 minute jog | • 1 minute brisk walk |
| • 1 minute brisk walk | • 2 minute jog |

5k Plan

 30 MIN

- | | |
|-----------------------|-----------------------|
| • 1 minute brisk walk | • 1 minute brisk walk |
| • 5 minute jog | • 7 minute jog |
| • 1 minute brisk walk | |
| • 7 minute jog | |
| • 1 minute brisk walk | |
| • 7 minute jog | |

Cool Down & Static Stretching (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



**HIP FLEXOR
KNEELING STRETCH**



QUADRICEP STRETCH



**HAMSTRING
STRETCH**



CALF STRETCH



GLUTE STRETCH

GOAL SETTING

You are now halfway through the challenge. Now is the time to start thinking about how your timed running will translate to your distance running for your Celebration 2K or 5K. Try using a running app to track your distance and time each time you run. It is also time for us to start lengthening our running intervals. If you find you are so out of breath or you are struggling to have a conversation, slow down your pace, or take a walking interval. On the other hand, if you are finding the running durations too easy, consider lengthening the amount of time of each interval or quickening your pace.

Week 3

GOAL SETTING



Today we will do walk/jog/run intervals and will complete the run with six sets of distance sprints. These are fun to do with a partner – time one another to see if you can beat your own time, or turn it into a race.

DAY 2 30 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Butt kickers, high knees, jumping jacks, side shuffle (both directions), arm circles. Repeat.

Intervals & Sprints (RPE 3-4)

2k Plan

 20 MIN

- 1 minute walk
- 1 minute jog
- 30 second high speed run
- Repeat x 6
- Sprints:
 - Mark a start and end point, approximately 50 meters apart from one another. This can be chalk marks on the sidewalk, or landmarks like the distance between two trees.
 - Line up behind the start point, and when ready, sprint to the end point, running as fast as you can.
 - This should be an all-out effort for a very short duration.
 - After passing the end point, walk back to the start point, taking deep breaths as you walk.
 - Repeat four to six times.

5k Plan

 25 MIN

- 1 minute walk
- 1 minute jog
- 30 second high speed run
- Repeat x 6
- Sprints:
 - Mark a start and end point, approximately 75 meters apart from one another. This can be chalk marks on the sidewalk, or landmarks like the distance between two trees.
 - Line up behind the start point, and when ready, sprint to the end point, running as fast as you can.
 - This should be an all-out effort for a very short duration.
 - After passing the end point, walk back to the start point, taking deep breaths as you walk.
 - Repeat six to eight times.

Cool Down & Movement Flow (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners:

Downward dog, low lunge, reclining hand to big toe, reclining pigeon, cross legged forward fold. Hold each pose for 20-40 seconds.



Week 4

DAY 1 35 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Hip kicks, butt kickers, smack downs, karaoke, walking lunges with a twist. Repeat.

Endurance (RPE 3)

2k Plan

 25 MIN

- 2 minute jog
- 30 second walk
- 3 minute jog
- 30 second walk
- 4 minute jog
- 30 second walk
- 5 minute jog
- 30 second walk
- 4 minute jog
- 30 second walk
- 3 minute jog
- 2 minute jog

5k Plan

 32 MIN

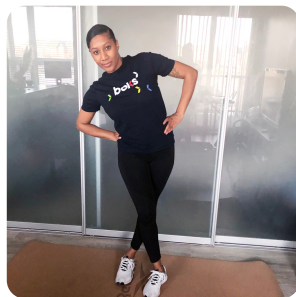
- 5 minute jog
- 30 second walk
- 6 minute jog
- 30 second walk
- 7 minute jog
- 30 second walk
- 6 minute jog
- 30 second walk
- 5 minute jog
- 30 second walk

Cool Down & Static Stretching (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



**HIP FLEXOR
KNEELING STRETCH**



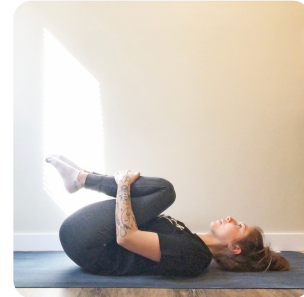
IT BAND STRETCH



**HAMSTRING
STRETCH**



**INNER THIGH
STRETCH**



KNEE HUG

GOAL SETTING

Today we are going to test your endurance with ladders. Ladders are a way to progressively work your way up, and then work back down. We will add one minute of running up each interval to the max, and then work our way back down to 1 to cool down. This is your longest run yet - be sure to go at your own pace. Add in walks as you need to, or slow/speed up your cadence and stride as needed.

Week 4

GOAL SETTING



Today you will be integrating high speed runs with slower jogs. We are only adding in three walking intervals, but be sure to slow down and walk as needed.

DAY 2 30-40 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Walking knee hugs, backpedaling, walking lunges, squats, leg swings, torso twists. Repeat.

Endurance (RPE 3)

2k Plan

 22 MIN

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 4

5k Plan

 33 MIN

- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute jog
- 30 second high speed run
- 1 minute walk
- Repeat x 6

Cool Down & Movement Flow (RPE 1)

Continue walking until your heart rate has come down to where you can comfortably carry on a conversation.

Movement flow for runners:

Butterfly pose, bridge pose, high lunge quad stretch, downward dog, mountain pose. Hold each pose for 20-40 seconds.



Bonus Run 1

Hill Run 30 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk. Butt kickers, high knees, jumping jacks, side shuffle (both directions), arm circles. Repeat.

Run (RPE 4)

Ladder Hill Run

 20 MIN

- Run 1/4 of the way up the hill, walk down.
- Run 1/2 way up the hill, walk down.
- Run 3/4 of the way up the hill, walk down.
- Run all the way up the hill. Do a happy dance at the top. Walk down.
- Run 3/4 of the way up the hill, walk down.
- Run 1/2 way up the hill, walk down.
- Run 1/4 of the way up the hill, walk down.

**Want to take it up a notch? Run down the hill, leaning slightly backward and bringing your knees up high to maintain control on the way down.*

Cool Down & Static Stretching (RPE 1)

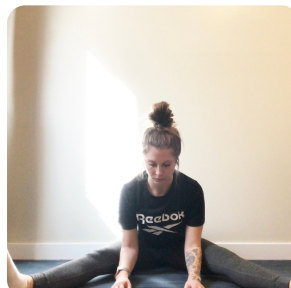
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



**QUADRICEP
STRETCH**



**HAMSTRING
STRETCH**



**ADDUCTOR
STRETCH**



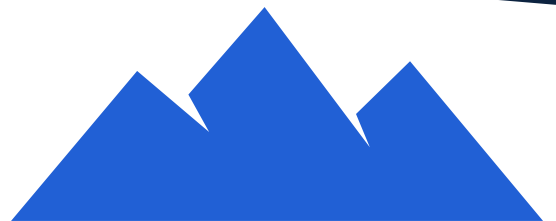
CALF STRETCH



GLUTE STRETCH

GOAL SETTING

Hill runs can be a ton of fun. Hills challenge different muscles from running on flat ground, such as your quadriceps. It will also impact your timing – you will find you can cover much less distance in the same time period. Don't let that fool you though – hill running is a fantastic workout. You may need to travel outside of your typical run area to find a hill that works for you.



Bonus Run 2

Stair Training

🕒 25 MIN

Warm Up & Dynamic Stretching (RPE 1)

1 minute walk, ten walking lunges per leg, side shuffle left ten paces, side shuffle right ten paces. Repeat.

Run (RPE 4)



Stair Training

🕒 15 MIN

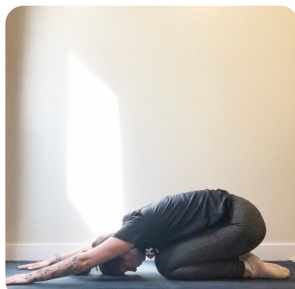
- Rotate between the following:
 - Walk up and down the stairs
 - Run up and down the stairs
 - Two-leg stair jumps
 - Single leg stair hops
 - Walking lunges up the stairs
 - High knee run up and down the stairs

Cool Down & Static Stretching (RPE 1)

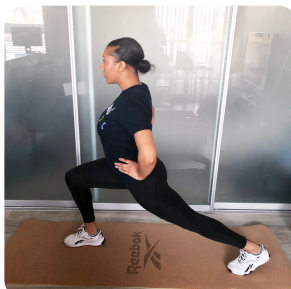
Continue walking until your heart rate has come down to where you can comfortably carry on a conversation. Hold each stretch for 20-40 seconds.



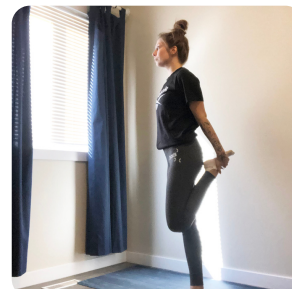
KNEE HUG



CHILD'S POSE



HIP FLEXOR
KNEELING STRETCH



QUAD STRETCH



SEATED HAMSTRING
STRETCH

GOAL SETTING



Check out your local high school, community center, or park for stadium stairs (think football or soccer stands). If you live in the city, look for a long, wide outdoor staircase such as those in front of municipal buildings. Try doing each of the below for 60 seconds, and increase your time and speed from there.

CELEBRATION RUN!

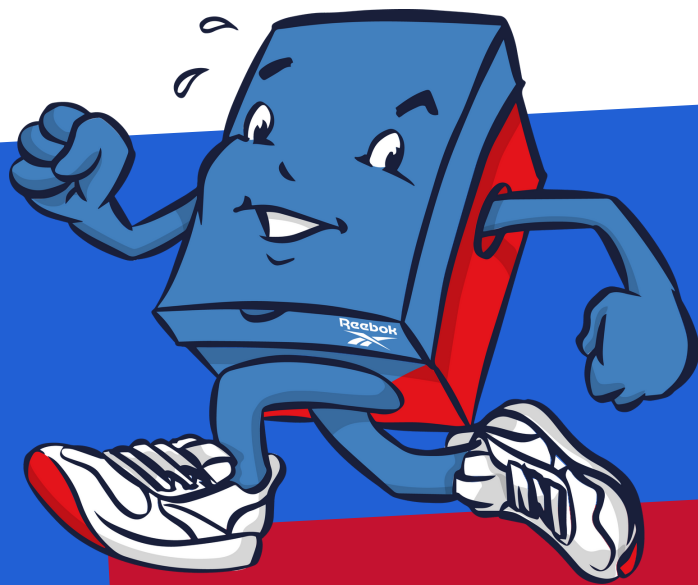


Congratulations, you did it!

It's time to celebrate with a 2km or 5km run. Now that you have been running regularly, choose your route and map it out with an app or car odometer.

Remember

You do not need to run continuously for all two or five kilometers. The key is to keep moving. If you need to catch your breath, slow down your cadence or walk for a moment until you feel ready to pick the pace up again. Why not make this extra fun by adding in a finish line? Draw a line with chalk or tape up some crepe streamers to run through as you complete the run. You earned it!



APPENDIX





Included:

- RPE Poster
- Stretching Poses
- Activity Tracker

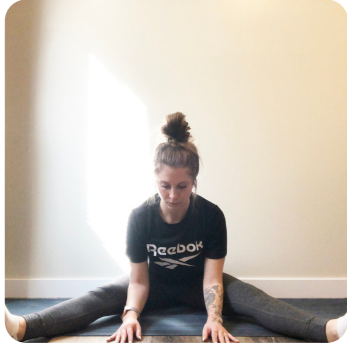
RPE Poster

How should I be feeling?

RPE (RATE OF PERCEIVED EXERTION)

1		LIGHT ACTIVITY Super easy!
2		MODERATE ACTIVITY I'm feeling warmer!
3		VIGOROUS ACTIVITY I'm huffing and puffing!
4		HARD ACTIVITY Can't chat right now!
5		DIFFICULT ACTIVITY Gasping for air!

Stretching Poses



**ADDUCTOR
STRETCH**



CALF STRETCH



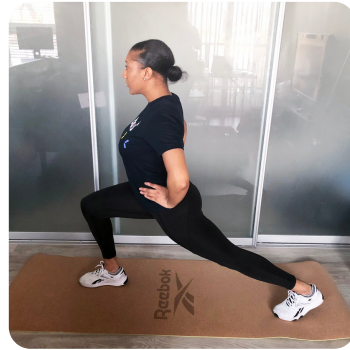
CHILD'S POSE



GLUTE STRETCH



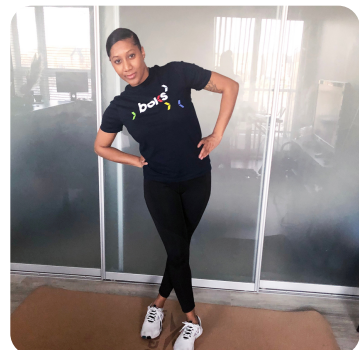
**HAMSTRING
STRETCH**



**HIP FLEXOR
KNEELING STRETCH**



**INNER THIGH
STRETCH**



IT BAND STRETCH



KNEE HUG



**QUADRICEP
STRETCH**



**SEATED HAMSTRING
STRETCH**

Activity Tracker

DATE:

NAME:

BOKS - How did you get active?

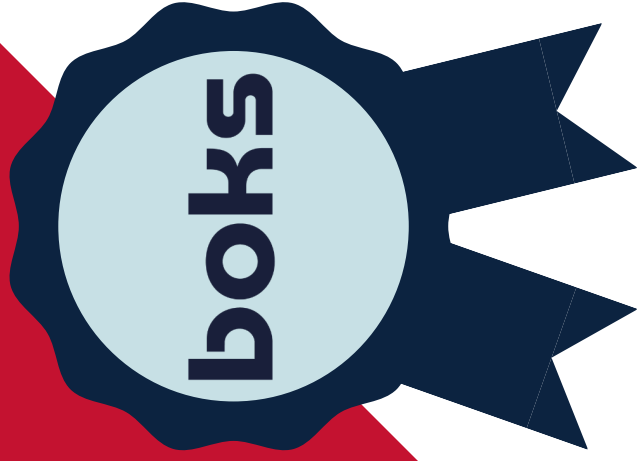
Track your weekly runs and see the progress you make over the course of the four weeks.

	DAY 1	DAY 2	TIME (MIN)	DISTANCE
WEEK 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
WEEK 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
WEEK 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>
WEEK 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="text"/>	<input type="text"/>

How does it work?

- ✓ Write down the activities you have done and the amount of time you stayed active in the corresponding box.
- ✓ Check the box for each day you got active for 60 minutes.
- ✓ Make sure to track the distances you run each week.





CERTIFICATE OF COMPLETION

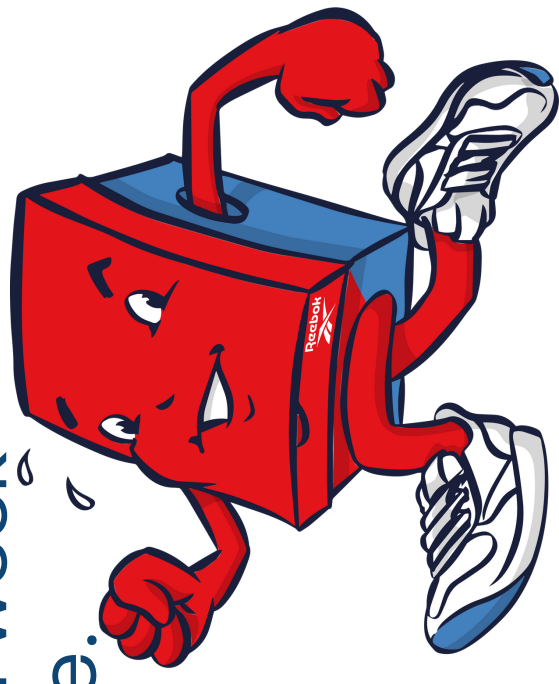
THIS IS TO CERTIFY THAT

BOKS TRAINER

DATE



has completed a 4 week
Running Challenge.



Find more resources in the BOKS Trainer Hub!



HEALTHY RECIPES FOR KIDS

Eight cooking recipes that kids can create on their own. With easy, straight forward directions and minimum use of kitchen tools, your kids are going to love the kitchen and YOU are going to enjoy their creations.



"ARE YOU GAME?" BOOKLET

This resource is full of fun and challenging games, crafts, puzzles, and activities to do at home or in school. Choose from over 30 activities to help you and your kids get moving. Most games are accompanied by a video tutorial as well.

...AND MORE!

boks