

Session 2: Race/Challenge Day

Value of the Day: Goal Setting

ACTIVITY 1: Goal Setting and Affirmations

Time: 10-15 minutes

Materials: Pencil, paper and a quiet spot

Goal Setting

1. Write 2-3 physical activity goals for this winter (running, strength, or flexibility).
2. Close your eyes and picture yourself reaching each goal. Visualize yourself doing the actions necessary to reach your goal and imagine what it feels like.
 - a. **Examples of goals:** beating your previous race time, winning a race, or gaining the ability to do a new strength exercise, like a push-up.

Affirmations

3. Write down at least 5 affirmations – short, positive statements about yourself. These can be more general or specific to your goal.



Coach Tip for Parents:

Ask your child: "What's something you'd be proud to achieve this winter?" Feel free to share one of your own goals, too.

a. **Examples of affirmations:** "I am getting faster." "I believe in myself." "I am strong enough to reach my goal."

4. Say these affirmations out loud.

ACTIVITY 2: Physical Skill Challenge

Time: <5 minutes

Materials: A small open space

1. Choose one physical skill to work on as your goal for the winter

- a. Push-ups (normal or modified)
- b. Wall sit
- c. Plank
- d. Mountain climbers
- e. High knees
- f. Jumping jacks
- g. Squats
- h. Burpees

2. For one minute, complete as many reps of the exercise as you can. Or, hold the position of the exercise for as long as you can.



3. From this score, **write down a goal** for how many you will be able to do or how long you will be able to hold the exercise by the 6th winter session (4 weeks from now). Shoot for the stars!

ACTIVITY 2: Race (Optional, if possible)

Time: 20-30 minutes

Materials: A track

1. First, warm up. Use the warm up routine from the Run Your City in-person sessions. As a reminder, you can follow the warm-up on [this document](#).

2. Complete a timed race of your choosing! Time this race so that if you are able to race on other days throughout the winter, you can track your progress!

100m = 1 quarter of a lap

200m = half of a lap

300m = 3 quarters of a lap

400m = 1 lap, or 0.25 miles

600m = 1.5 miles

800m = 2 laps, or 0.5 miles



ACTIVITY 3: Obstacle Course

Time: 15–20 minutes

Materials: Things around the house, like furniture, pillows, etc. Can also do this outside with things like park benches, lamp posts, or a playground!

1. Get creative in making an 'obstacle course' that works safely in your space. Examples of stations:

- a. 10 jumping jacks
- b. Crab walk to the couch
- c. Step over 3 pillows
- d. Side shuffle down the hallway
- e. Hop on one foot around a chair
- f. Balance walk on a tape line, or a line in the rug/carpet/wood floor

2. Complete the obstacle course 3x, trying to get faster each time.