

Session 6: Race Day

Value of the Day: Focus

ACTIVITY 1: Focus

Time: 10 minutes

Materials: A quiet spot, pencil, and paper

Peace of Body and Mind

1. Lie or sit comfortably.
2. Breathe deeply for 5 minutes, paying attention to how your body feels and focusing your mind on staying in the present moment only.
3. During the last minute, imagine yourself doing your next challenge (running, physical strength, etc.) successfully, with focus and confidence.



Coach Tip for Parents:

Join your child! Do the breathing and visualization together before their next activity. It models calm and focus.

Intention

4. Write one intention for the day. For example: "Mental Strength" or "Recovery" or "Get 1% better today." It should be something to think about before you begin as the reason you are doing this challenge today.

a. **Fun fact:** Every day before practice, the Columbia Women's Track and Field team huddles in a circle, sets an intention for the day, and takes a deep breath together. This helps us ground ourselves, stay present, and prepare to have a good practice!

Activity 2: Physical Skill Challenge

Time: <5 minutes

Materials: A small open space

Directions:

1. Go back to the physical skill you chose to work on as your goal for the winter in Session 2. This is your last session of the season, so do your best to beat your previous scores!

- 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. Compare this number/time to what you got in Sessions 2 and 4. Remember that progress is not always perfect, so even if you didn't improve, you are getting better through putting in the effort! **Congratulations on finishing your 3rd round of the physical challenge!!**

Activity 2: Race (Optional, if possible)

Time: 20-30 minutes

Materials: A track

Directions:

1. First, complete your usual 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! Compare your time to the race from the previous race days this season. You can also choose to try a longer race than last time!

3. Congratulations on finishing your last race of the winter season!!

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 2: Strength and Balance Circuit

Time: 15-20 minutes

Materials: A small open space

Directions: Hold each pose for 30 seconds. Once complete, take 2-3 minutes rest before you start again. Complete the circuit 3x, or as many times as you can. To help you focus, you can try steadying your breathing or remembering your intention for the day.

- One-leg balance (left)
- One-leg balance (right)
- Standing “star pose”
- Plank
- Bridge
- Slow squats (10 reps)

CONGRATULATIONS on finishing the Run Your City winter season!!! We can't wait to see you in the spring!

