



### 3 and 4-year-old At-Home Training Lesson 7: RUNNING

#### Section 1: Dynamic Warm-ups

- Arms: Seal taps for 10 reps - Tap your chest with each hand, one at a time, without letting your belly touch the ground.
- Legs: Stationary Frankenstein's for 10 reps - Raise your legs up to your hands, one at a time, while trying to keep your legs straight.
- Abs: Bicycles for 10 reps - Raise your legs up and begin moving your feet as if you were riding a bicycle non-stop.
- Core: Crab kicks for 10 reps - Kick each leg, one at a time, without letting your bottom touch the ground.

#### Assignment overview

- Today you are going to work on RUNNING.
- Here are the three RUNNING tips that I want you to practice today:
  1. Take big steps as you run.
  2. Keep your head up so that you don't fall.
  3. Watch where you run.

#### Section 2: Skill-building drill (Do three sets)

- Amazing race: You will run and pick up five different colored cups and then place them on matching colored plates, one at a time. The goal is to complete this challenge in 10 seconds or less.
- 4-corner race: You will race to a corner and do 4 kicks, then to the next corner, and so forth through 4 corners of the room. The goal is to complete this challenge in 20 seconds or less.

#### Section 3: Dynamic stretches

- Twist stretch for 10 reps - Stand up straight with feet shoulder width apart. Twist side to side trying to go as far as you can each side.
- Airplane for 10 reps - Touch the bottom of your feet together and hold your toes. You will then alternate your knees up and down.
- Stretch kicks for 10 reps - Swing your leg as high as you can. Focus on not bending your knee when going higher.
- Row boat for 10 reps - Sit with both feet straight out and together. Raise your hands above your head. Reach forward past your toes if possible then drag your hands back towards your hips.