

## 15. Endurance Running

The ability to sustain running pace, requires **good endurance, pace judgement and rhythm**. Athletes should look to **gradually increase the distance and time** they run over and work on their pace judgement to ensure **effective running and rhythm**. Steady running is defined as approximately 70%-80% of maximum heart rate. Sustained Pace Running is approximately 80%-90%+ of maximum heart rate.


### Stage 1 Red Challenges

- 16a) Demonstrate all of **Running Technique Stage 1** (Red).
- 16b) **Copy movement of leader** with coordination and control.
- 16c) **Steady** running for 1 minute.
- 16d) Sustained **Pace Running for 30 seconds**.

<p><b><u>FINALLY - Style steady vs pace</u></b></p> <p>Copy movement of leader (steady &amp; pace)</p>	<p><b>Steady Minute – drop marker (heart rate) Count 6 secs x 10</b></p> 	<p><b>Pace for 30 secs (heart rate) Count 6 secs x 10</b></p> 
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### Stage 2 Yellow Challenges

- 16a) Demonstrate all of **Running Technique Stage 2** (Yellow).
- 16b) Active **mid foot contact when skipping**.
- 16c) **Steady running for 2 minutes**.
- 16d) Sustained **Pace Running for 1 minute**.

 <p>Active mid foot <b><u>down and back</u></b> contact when skipping &amp; running</p>	<p><b><u>2 mins</u> shoulder's relaxed flowing and posture upright</b></p> 	<p><b>Pace Running for 1 minute. KNEE UP</b></p> 
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**Stage 3 Green Challenges**

- 16a) Demonstrate all of **Running Technique Stage 3** (Green).
- 16b) Demonstrate an **active mid foot action** in order to sustain efficient running technique.
- 16c) Demonstrate **pace judgement to within 10 metres (+/-) of designated target**.
- 16d) **Steady running for 3 minutes.**
- 16e) Sustained Pace Running for **2 minutes**

 <p>active mid foot action –DOWN BACK</p>	 <p>10M RELAXED pace judgement to within 10 metres (+/-) of designated target</p>	<p><b>Steady running for 3 minutes.</b> HEART BEAT – 6 SECS X 10</p>	<p><b>Pace Running for 2 minutes</b> HEART BEAT</p>
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**Stage 4 Purple Challenges**

- 16a) Demonstrate all of **Running Technique Stage 4** (Purple).
- 16b) Demonstrate **Arm Technique similar to sprinting action** but less pronounced.
- 16c) Demonstrate **pace judgement to within 5 metres (+/-) of designated target**.
- 16d) Steady running for **5 minutes.**
- 16e) Sustained **Pace Running for 3 minutes.**

<p><b>Arm Technique similar to sprinting action</b> but less pronounced.</p> 	<p><b>pace judgement to within 5 metres (+/-) of designated target.</b> STEADY – PACE IN ONE RUN</p> 	<p>STEADY FOR 5 MIINS SUSTAINED 3 MINS</p>	<p><b>CHECK HEART BEAT –</b> 70-80 SUSTAINED 80 – 90 PACE</p>
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**Stage 5 Blue Challenges**

- 16a) Demonstrate all of **Running Technique Stage 5** (Blue).
- 16b) **Heel is cycled underneath the buttock in** recovery phase, but not as pronounced as sprinting action.
- 16c) Demonstrate **consistent pace judgement** over fixed distance.
- 16d) Steady running for **10 minutes**.
- 16e) Sustained **Pace Running for 5 minutes**.

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**Stage 6 Black Challenges**

- 16a) Demonstrate all of **Running Technique Stage 6** (Black).
- 16b) Demonstrate **relaxed rhythmical running with no visual tension** for several minutes.
- 16c) Demonstrate **consistent pace judgement over varied distance** (e.g. 800m & 1500m pace).
- 16d) **Steady** running for **20 minutes**.
- 16e) Sustained Pace Running for 10 minutes - 3km.

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