



## Run, Jump, Throw

The objective of this session is to test and improve the runners skills, such as coordination, balance and movement.

The meeting point for this session will be Hampson Park and is designed for everyone no matter the ability of distance you can run.

The session will take place in the field of Hampson Park and will use cones and beanbags. Runners will warm up with a slow run around the park then come back together and mobilisations will take place whilst the session is explained. Runners from here will put themselves into 3 groups of mixed abilities. The session will last 33 minutes in actual moving time with 11 minutes at each station with a small recovery in between whilst walking to the next.



The main sections to this session, are of course, running, jumping and throwing:

1 - **Running - 100 & 200m Sprints** - Runners will start at the line, they will then sprint to the next set of cones marked up 100m away turn and do a gentle jog back to the start then sprint again up to the second set of cones marked up for 200m turn gently jog back and repeat until the allocated time is up.

2 - **Jumping** - Runners will start at the first set of cones and do a 2 footed jump forward landing on 2 feet, from here the runner will do a one footed hop forward from their right foot landing on their right foot then from here do the same again with their left foot, taking off then landing. This mini cycle will repeat until the runners get to the next set of cones, turn and do the same back and continue until the allocated time is up.

3 - **Throwing** - Runners will now partner up (3's if there's an odd number), pick up a beanbag between them and stand a meters distance apart, using your non-dominant hand you will throw the bean bag to your partner and they will use their non-dominant hand to catch it. On each successful paired catch the runners will take a small step back away from their partner gradually moving further apart to see how far they can go - you can only step back when BOTH runners catch the bean bag consequently.

Once the allocated time has finished all runners will do a cool down lap of the park then gather together and stretch off.