EO C111.02 – RUN WIND SPRINTS

1. **Performance**: Run Wind Sprints
2. **Conditions**:
   a. Given:
      (1) Whistle,
      (2) Supervision, and
      (3) Assistance as required.
   b. Denied: Nil.
   c. Environmental: Training area large enough to conduct short wind sprints.
3. **Standard**: The cadet shall:
   a. participate in a warm-up;
   b. run wind sprints; and
   c. participate in a cool-down.
4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Explain how to prepare for summer biathlon activities, to include: a. clothing, to include: 1. the layering system, and 2. appropriate footwear, b. hydration, and c. nutrition.	Interactive Lecture	5 min	C0-078 C0-079
TP2	Describe running techniques, to include: a. pacing, b. posture / body alignment, and c. wind sprints.	Interactive Lecture	5 min	C0-080
TP3	Conduct a warm-up session, composed of light cardiovascular exercises, meant to: a. stretch the muscles; b. gradually increase respiratory action and heart rate; c. expand the muscles' capillaries to accommodate the increase in blood circulation; and d. raise muscle temperature to facilitate reactions in muscle tissue.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

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TP	Description	Method	Time	Refs
TP4	Supervise while the cadets run wind sprints.	Practical Activity	5 min	
TP5	Conduct a cool-down session, composed of light cardiovascular exercises, meant to: a. allow the body time to slowly recover from physical activity and to help prevent injury; b. prepare the respiratory and cardiovascular systems to return to their normal state; and c. stretch the muscles.	Practical Activity	5 min	C0-002 (pp. 109–113) C0-089

5. **Time**:

a.	Introduction / Conclusion:	5 min
b.	Interactive Lecture:	10 min
c.	Practical Activity:	15 min
d.	Total:	30 min

6. **Substantiation**:

a. An interactive lecture was chosen for TPs 1 and 2 to introduce cadets to the methods of preparing for a biathlon activity and running techniques.

b. A practical activity was chosen for TPs 3–5 as it is an interactive way to introduce the cadets to running skills in a safe, and controlled environment. This activity contributes to the development of running skills and knowledge in a fun and challenging setting.

7. **References:**

a. C0-002 ISBN 0-88962-630-8 LeBlanc, J. & Dickson, L. (1997). *Straight talk about children and sport: Advice for parents, coaches, and teachers*. Oakville, ON and Buffalo, NY: Mosaic Press.

b. C0-057 Martha Jefferson Hospital. (2001). *Warm-ups*. Retrieved October 16, 2006, from http://www.marthajefferson.org/warmup.php

c. C0-058 Webb Physiotherapists Inc. (n.d.). *Running exercises*. Retrieved October 26, 2006 from http://www.physioline.co.za/conditions/article.asp?id=46

d. C0-059 Webb Physiotherapists Inc. (n.d.). *Exercises programme for squash, tennis, softball, handball*. Retrieved October 25, 2006 from http://www.physioline.co.za/conditions/article.asp?id=49

e. C0-060 Impacto Protective Products Inc. (1998). *Exercises*. Retrieved October 25, 2006, from http://www.2protect.com/work3b.htm

f. C0-061 City of Saskatoon, Community Services Department. (2006). *Stretch your limits: A smart guide to stretching for fitness*. Retrieved October 26, 2006, from http://in-motion.ca/walkingworkout/plan/flexibility/

g. C0-078 Mountain Equipment Co-op. (2007). *Clothing info: Layering your clothing*. Retrieved February 12, 2007, from http://www.mec.ca/Main/content_text.jsp?FOLDER%3C%Efolder_id=2534374302881786&CONTENT%3C%Ecnt_id=10134198673220739&bmUID=1176745629068

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h. C0-079 REI. (2007). *Outdoor fitness expert advice*. Retrieved February 12, 2007, from http://www.rei.com/online/store/LearnShareArticlesList?categoryId=Crosstrain

i. C0-080 Cool Running. (2007). *Fitness & performance*. Retrieved February 12, 2007, from http://www.coolrunning.com/engine/2/2_1index.shtml

j. C0-089 ISBN 0-936070-22-6 Anderson, B. (2000). *Stretching: 20th anniversary* (Rev. ed.). Bolinas, CA: Shelter Publications, Inc.

k. C0-100 ISBN 0-662-44467-1 Health Canada. (2007). *Canada's food guide*. Ottawa, ON: Her Majesty the Queen in Right of Canada.

l. C0-147 The HealthCentral Network. (2007). *MyDietExcercise.com: Winds sprint your way to fitness*. Retrieved April 17, 2007, from http://www.healthcentral.com/diet-exercise/fitness-survival-guides-81076-137.html

m. C0-154 Hansen, B. (1999). *Moving on the spot: Fun and physical activity: A collection of 5 minute stretch and movement sessions*. Retrieved October 26, 2006, from http://lin.ca/resource/html/dn3.htm#l1

8. **Training Aids**:

   a. Tape measure,

   b. Whistle,

   c. Stopwatch,

   d. Samples of appropriate clothing, and

   e. Samples of appropriate hydration and nutrition choices.

9. **Learning Aids**: Nil.

10. **Test Details**: Nil.

11. **Remarks**: Pictures of the clothing, hydration, and nutrition choices may be used in place of the actual items, if these items are not available.

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