EO C211.02 – RUN ON ALTERNATING TERRAIN

1. **Performance**: Run on Alternating Terrain

2. **Conditions**:

   a. Given:

      (1) supervision; and

      (2) assistance as required.

   b. Denied: N/A.

   c. Environmental: Training area of alternating terrain large enough to set up a running course of 20-40 m.

3. **Standard**: In accordance with specified references, the cadet shall:

   a. participate in a warm-up;

   b. practice running on alternating terrain; and

   c. participate in a cool-down.

4. **Teaching Points**:

TP	Description	Method	Time	Refs
TP1	Describe running techniques for alternating terrain, to include: a. posture/body alignment; b. foot position; and c. endurance.	Interactive Lecture	5 min	C0-080
TP2	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 to 113) C0-089
TP3	Supervise while cadets run on alternating terrain.	Practical Activity	5 min	

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TP	Description	Method	Time	Refs
TP4	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 to 113) C0-089
TP5	Describe how to create and implement a running schedule.	Interactive Lecture	5 min	C0-146

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 5 to introduce the cadets to running techniques on alternating terrain and on how to implementing a running program.

b. A practical activity was chosen for TPs 2-4 as it is an interactive way to introduce the cadets to running on alternating terrain in a safe and controlled environment.

7. **References**:

a. C0-002 (ISBN 0-88962-630-8) LeBlanc, J. and 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 16 October 2006, from http://www.marthajefferson.org/warmup.php.

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

d. C0-059 Webb Physiotherapists Inc. (ND). *Exercise Programme for Squash, Tennis, Softball, Handball.* Retrieved 25 October 2006 from http://www.physioline.co.za/conditions/article.asp?id=49.

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

f. C0-061 City of Saskatoon, Community Services Department. (ND). *Stretch Your Limits: A Smart Guide to Stretching for Fitness.* Retrieved 26 October 2006, from http://in-motion.ca/walkingworkout/plan/flexibility/.

g. C0-080 Cool Running. (2007). *Fitness and performance.* Retrieved 12 February 2007, from http://www.coolrunning.com/engine/2/2_3/181.shtml.

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

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i. C0-146 Will-Weber, M. (2006). *Runner's World: Beginner's: Training: First Steps.* Retrieved 18 April 2007, from http://www.runnersworld.com/article/printer/1,7124,s6-380-381-386-678-0,00.html.

j. C0-154 Hansen, B. (1999). *Moving on the Spot: Fun and Physical Activity: A Collection of 5 Minute Stretch and Movement Sessions.* Retrieved 26 October 2006, from http://lin.ca/resource/html/dn3.htm#l1.

8. **Training Aids**:

   a. Presentation aids (eg, whiteboard/flipchart) appropriate for the training area; and

   b. Whistle.

9. **Learning Aids**: N/A.

10. **Test Details**: N/A.

11. **Remarks**: Stairs may be used in place of alternating terrain.

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