

A pacing exercise that teaches runners how much energy they need to sustain different paces and trains the body to control and respond to changes in speed.



INSTRUCTIONS & CUES

Instructions

- Have participants begin jogging.
- Periodically call out a different pace (walk, jog, run, sprint or 1-mile pace, 5K pace, and so on) and have participants adjust their speed accordingly.
- Call each pace multiple times and vary the length of time you have participants maintain given pace.

Differentiation Strategies:

Progression:

- Gradually increase the ratio of time spent jogging, as compared to sprinting and walking.
- Allow participants to pass or be passed by other participants.

Regression:

- Increase the amount of time spent walking, as compared to sprinting and walking.

UDL Strategies:

- Explicitly tell participants how fast they should run, and what distance or how long they should run.
- Use visual or auditory strategies (e.g., colors of a stoplight) to help participants understand how fast they should be running.
- Play music with beats per minute that are aligned with the effort you want participants to run.
- Start by having participants alternate between two different paces. As participants master the concept of a fartlek run, then add in more paces.