

HIGH FIVES RUNNING CLUB GAMES/WORKOUTS

1. How Long Is a Minute?

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players will run, walk, or jog for one minute.
2. Each minute the pace (run, walk, jog) will change.
3. Players continue this for ten minutes.

2. Team Mile

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players split into pairs and together they equally split running a mile.

3. Dice Dash

Equipment Needed: Cones

Set Up: Create numbered zones using the cones.

How to Play:

1. The instructor calls out a number.
2. Players then must run to the corresponding numbered zone.

4. Go Fish Laps

Equipment Needed: Cards

Set Up: Instructor is at the start/finish line with the cards.

How to Play:

1. Each player is given two cards at the beginning.
2. After each lap players will exchange one card with the instructor trying to get a pair.
3. Players can keep track of how many pairs they have.

5. Indian Run

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players run in a line, the back-runner sprints to the front of the line.
2. This repeats once the runner gets to the front.

6. Bingo Laps

Equipment Needed: Bingo Cards

Set Up: Each player gets a bingo card and a marker.

How to Play:

1. After each lap a player runs, the instructor will call out something (Number, word, etc.) on their bingo card.
2. Players continue to run until they have a bingo.

7. Relay Races

Equipment Needed: Baton (optional)

Set Up: No set up required.

How to Play:

1. Players divide into teams of even numbers.
2. All players on a team run the same distance one after another and pass the baton/high five the next player.

8. Solo Runs

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players run by themselves individually.
2. There is no talking and they can't run next to one another.

9. Board Game Lap

Equipment Needed: Direction Cards

Set Up: Create direction cards that give different directions between each lap such as do push-ups, do sit ups, do jumping jacks, get water, walk, skip, etc.

How to Play:

1. At the end of each lap players will receive a direction card.
2. Players then must complete what the direction card says before starting their next lap.

10. Think Sprint

Equipment Needed: Cones

Set Up: Place three cones in different places around the field and designate as agree, disagree, or undecided.

How to Play:

1. The instructor will yell out a statement.
2. Players must then sprint to their answer (Agree, Disagree, Undecided).

11. Tractionary

Equipment Needed: Paper, Pen/Pencil/Marker, Bag of Words

Set Up: The Instructor stands equidistant from all groups with the bag of words.

How to Play:

1. Players sprint to the instructor to get and draw a word.
2. Then they return to their group to guess the word.
3. This process repeats for the next round with a new player.

12. Like/True False

Equipment Needed: Cones

Set Up: Mark a turn around point with a cone.

How to Play:

1. The Instructor calls out a statement ("Wearing Red" or "Born in March").
2. If the statement applies to them players must run out to the cone and back.

13. Telephone Lap

Equipment Needed: No equipment required.

Set Up: Station runners around the track.

How to Play:

1. Instructor gives the first runner a statement.
2. They run to the next person and pass the message.
3. See if the statement can get all the way around.

14. Egg Hunt

Equipment Needed: Eggs/Objects

Set Up: Place the objects around the field/track.

How to Play:

1. Players must run around and return to the starting position with the properly collected items.

15. Red Light/Green Light (Whistle Stop)

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players try to make it from point A to point B while the instructor yells red light (stop) and green light (go).

Tip:

- Fell free to add a yellow light for a slower pace run.

16. Name Tag

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players first announce their names to everyone and then start running around the track.
2. When a player is about to pass someone, they can't pass until they correctly guess that person's name.

17. Team Run

Equipment Needed: No equipment required.

Set Up: No setup required.

How to Play:

1. Players will be grouped into twos or threes (try to group them based on ability to make the teams even - i.e. a strong runner paired with a less strong runner).
2. Players will split the run between themselves. Pairs will run 2.5 miles and trios will run 3.75 miles.
3. The players in a group can decide who runs what amount and how they will split it up.

18. Uno

Equipment Needed: Cards, Box

Set Up: Place a box at the start/finish line.

How to Play:

1. Give each player a certain number of cards.
2. Players then run around the track with each card equaling one lap.
3. After each lap players put one card in the box and keep running until there are no cards left.
4. When a player has only one lap to go they yell "UNO".

19. Count Back Lap

Equipment Needed: Lap Counters (popsicle sticks)

Set Up: Each player is given an equal amount of sticks.

How to Play:

1. After each lap players will hand back one lap counter to the instructor.
2. Players will run until they have no lap counters left.

20. Trivia Run

Equipment Needed: Lap Counters (popsicle sticks)

Set Up: Have one instructor at the start/finish line and one at the half way mark.

How to Play:

1. Players run around the track and as they pass the halfway mark the second instructor will yell out a trivia fact.
2. Once the players finish that lap they must repeat the fact in order to get a lap counter and continue to their next lap.

21. Scavenger Run

Equipment Needed: Scavenger hunt lists, Markers, Bag

Set Up: Create a scavenger hunt list.

How to Play:

1. Group players into pairs and give each pair a list, a marker, and a bag.
2. Pairs must then run around and find items on the list (i.e. – 2 leaves, a penny, something blue, an instructor's signature, run a lap and get a lap counter, etc.) and then return to the instructor.
3. Players must run at all times while looking for items.

22. Spelling Laps

Equipment Needed: Paper, Markers

Set Up: Write (or have printed) a word or phrase (i.e. - "Overtime Athletics") on the pieces of paper.

How to Play:

1. Players will be divided into equal and evenly matched groups. Give each group a piece of paper and a marker.
2. One lap counts as a letter. After each lap cross off a letter on the paper.
3. Players can choose how they would like to divide the laps amongst themselves.
4. Groups are done running once they have crossed off all of their letters.

23. 5k

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. Players will run a 5k (3.1 miles) as fast as they can.

24. Reverse

Equipment Needed: No equipment required.

Set Up: No set up required.

How to Play:

1. All players run laps at the same time.
2. The last player to cross the line after each lap turns around and runs in the opposite direction.
3. This continues until only one runner is left.

25. Sharks and Minnows

Equipment Needed: Cones

Set Up: Create a rectangular boundary with the cones.

How to Play:

1. All players line up on one end of the court/field.
2. Either the Instructor or one player will be the "Shark," who is it.
3. The "Shark" will start in the middle of the court/field.
4. When the "Shark" yells "GO" the players will try to get to the other side of the boundary without getting tagged.
5. Players will stop at the other end of the boundary.
6. If a player gets tagged, they join the "Shark" in the middle and are now a "Shark" as well.

26. Where to?

Equipment Needed: Pieces of Paper, Bag

Set Up: Write landmarks (i.e. – Goal post, bleachers, shed, tree, etc.) on the pieces of paper and mix them up in a bag.

How to Play:

1. Players will choose a piece of paper out of the bag and run to the landmark that is written on it.
2. Once players reach the landmark they turn around and run back to get the next piece of paper.