



iRunForFun in Schools

-Teachers Guide

Thank you very much for expressing an interest in running the iRunForFun Programme in your school. We are really excited by this project and are delighted to have your support with the programme. The guide below should give you a good indication of what is required to run the programme. Best of luck with the training and hopefully it will be a huge success.

So what is iRunForFun?

iRunForFun is a 6 week programme that has been designed to encourage engagement in physical activity in secondary schools. It has also been designed to increase the awareness of the importance of exercise among this age group. The programme culminates in a whole school challenge at the end of the 6 weeks. There will also be an iRunForFun diary included for every student who takes part.

How does the iRunForFun Diary tie in with the programme?

The iRunForFun diary is to be used as an accompaniment to training. The diary provides participants with a strong guide to successfully completing the programme. They are given training tips, advice, and there are also articles on goal setting and nutrition. Also included testimonials from well know personalities who outline their own experiences of beginning recreational running, and the benefits they have experienced.

Who organises the end of programme race/challenge?

We recommend that the school entrust a group of students to organise this or you the teacher. Like all events it is essential to have a goal to work towards and the Mile challenge is a perfect first phase. Students can also be entrusted with the promotion of the race among other students.

What level of fitness do participants need to have?

The programme has been designed to cater for absolutely all levels of ability. The three different programmes (Bronze, Silver, and Gold Certificate) allow for all levels of ability to train at a pace that suits.



How should a student decide which programme to follow?

Bronze Certificate: Primarily aimed at sedentary students. These students may be very reluctant to take part however they should be assured that they are capable of this level.

Silver Certificate: Designed for students with a reasonable level of fitness. These students will most likely be plying on a team or will be involved in an individual sport.

Gold Certificate: This level is only recommended for very fit students. The programme is quite demanding and it is advised that students do not take it on unless they are sure of their athletic ability.

How does the training work?

The training schedules are quite simple. They are largely based on the principle of interval training, which is essentially a series of alternating periods of high- and low-intensity activity.

When does the training take place?

Every week there is a compulsory session that is outlined in the iRunForFun diary. This training is to take place in Physical Education class every week. The weekly training takes between 10-15 minutes and should run at the start of class. The PE class can then continue as normal after the running has taken place.

There will also be an extra recommended session on several of the weeks. These are laid out for students to follow in their own spare time. As a teacher it will be very beneficial if you can encourage them to undertake these sessions, particularly if they can train in pairs or small groups as training together is highly motivational.

Where should the training take place?

The training should take place around a fixed loop of approximately 150-250 metres. This will allow for the participants to follow the basic programme i.e. 2 laps jog, followed by 1 lap walk. A basketball court, large hall, or half of a GAA/Soccer Pitch is perfect for this.

Is the school obliged to continue with Phase B (3K Challenge) and Phase C (5K) of the programme?

Absolutely not, however we are hoping that the success of the programme will lead to a desire from both students and teachers to continue on with the programme once the initial 6 weeks have concluded.

Best of luck to all the Schools, Teachers and Students taking part!!