

Plan:

- What are the current running habits of those interested?
- When and where will you meet? Where will you run?
- What advice can experienced runners share with the group?
- What equipment is required?

Do:

- Run as a group. It might take a little while for the group to figure out what works for everyone.

Review:

- What do you know now that you did not know before?
- How does your running group's routine compare to its original plan?
- What differences have you noticed in how you approach running since joining the group?
- If you weren't a runner before, how has running changed how you feel through the course of a day or over the course of a week?
- How has running connected with each of the SPICES?

Safety note:

- How can you ensure you're hydrated before, during and after running?
- What kind of footwear should you have for running?
- What kind of clothing should you wear? Consider the weather, and ensure you're visible to traffic.
- How might past injuries or medical conditions influence your planning?

Online Resources:

- [Should I Run with a Running Group?](#)
- [Get On Track](#)
- [Running Form](#)



It starts with Scouts.

Running Group

Active & Healthy Living



The Adventure:

Are there any runners in your Crew? How about Rover Scouts who are interested in making a positive lifestyle change and taking up the activity?

Why not run together? A running group can be a great way to stay motivated and keep up with your commitment to training.

A running group doesn't have to be get in the way of running as an individual. You can meet as a group once or twice a week and run at a pace and over a distance that suits everyone in the group. This might mean that some Rover Scouts push themselves more than they otherwise would on their own, while others ease up from how they would usually run.

Either way, the benefit is the support and encouragement everyone gains from making running a social activity.



Canadianpath.ca

R-14



It starts with Scouts.

Plan:

- What are the current running habits of those interested?
- When and where will you meet? Where will you run?
- What advice can experienced runners share with the group?
- What equipment is required?

Do:

- Run as a group. It might take a little while for the group to figure out what works for everyone.

Review:

- What do you know now that you did not know before?
- How does your running group's routine compare to its original plan?
- What differences have you noticed in how you approach running since joining the group?
- If you weren't a runner before, how has running changed how you feel through the course of a day or over the course of a week?
- How has running connected with each of the SPICES?

Safety note:

- How can you ensure you're hydrated before, during and after running?
- What kind of footwear should you have for running?
- What kind of clothing should you wear? Consider the weather, and ensure you're visible to traffic.
- How might past injuries or medical conditions influence your planning?

Online Resources:

- [Should I Run with a Running Group?](#)
- [Get On Track](#)
- [Running Form](#)



It starts with Scouts.

Running Group

Active & Healthy Living



The Adventure:

Are there any runners in your Crew? How about Rover Scouts who are interested in making a positive lifestyle change and taking up the activity?

Why not run together? A running group can be a great way to stay motivated and keep up with your commitment to training.

A running group doesn't have to be get in the way of running as an individual. You can meet as a group once or twice a week and run at a pace and over a distance that suits everyone in the group. This might mean that some Rover Scouts push themselves more than they otherwise would on their own, while others ease up from how they would usually run.

Either way, the benefit is the support and encouragement everyone gains from making running a social activity.



Canadianpath.ca

R-14



It starts with Scouts.