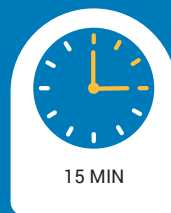


Run-swim-run



Lifesaving
education programs

Extension for sprints

In this activity, participants will improve their combined running and swimming techniques to complete a Run-Swim-Run.

Equipment:

- ☐ Buoys, cones or other markers, flags
- ☐ Items for obstacle course – hula hoops, buckets, beanbags, ropes etc.
- ☐ Body/nipper boards

- 1 Set up a Run-Swim-Run course (knee to waist-deep water).
- 2 Explain the course to participants. In a pool setting, ensure this is away from the water's edge, and add a walk sequence to get to the pool to replace the 'run'
 - Run: 50 metre run on soft grass or sand
 - Swim: 100 metre swim (includes wading and dolphin diving)
 - Run: 50 metre run on soft grass or sand
- 3 Start the participants at one end of the run course, then run/ walk the length of the course, (around the flags) and run/ walk to the water.
- 4 On entering the water, they wade until waist height (or as appropriate), then dolphin dive or swim to the markers.
- 5 They must then swim around two points in the water then run/ walk back to the marked race area and again run around the flags.

Extension

Add in obstacle elements for the run component, such as:

- Jumping through hula hoops
- Running around zig zag cones
- Crawling under 3 boards placed in a bridge shape
- Jumping over a board placed horizontally
- Add in a board paddle or board run element

