SILVER SALTIES

Beach Surf Sports ☀ ❤2 ❤3

Objective To promote physical fitness, fun and social connections for fit older Australians through a series of modified running-related activities like those included in Surf Sports.

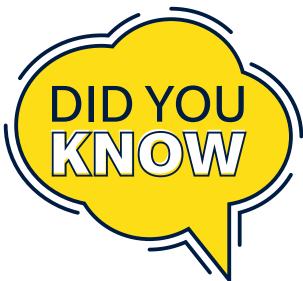| **Duration**	**Frequency**	**Program**	**Place** ☀	**Intensity** ❤2 ❤3
45min – 1hr	1-2 sessions per week	5-10 weeks	Beach	Moderate to vigorous. Suitable for participants who have very good mobility, experience running on the beach, and high level of fitness. Participants should be comfortable walking briskly and jogging prior to participating in this program.

Safety

All participants should:

- Check with their doctor before commencing running.
- Bring medications, asthma puffers, and water.
- Be sun-safe, wear comfortable clothes, socks and shoes.

A Typical Session

- Welcome, introductions, group check in, safety discussion about running on sand etc, by SLS Club Leader – 5min
- Warm-up including easy jog and dynamic stretches e.g. forward lunges, hip circles, knee highs, butt kicks, calf raises, ankle rotations, squats and hang - 10min
- Five station beach 'surf sport' circuit. Group participates together at each of the five stations. Each station consists of a modified Surf Sport/running-related activity (see table on next page)

Aim: 1 set of 5 stations x 3min/station with 1min break between each station. Duration of stations and rest break can be tailored to suit group needs 20-25min

- Long slow jog. Identify a course or various landmarks and aim to run with the group for 5 min non-stop
- Cool-down including brisk walk and stretches – 5min
- Social gathering e.g. morning/ afternoon tea – 5min+

DID YOU KNOW

The marathon runner **Fauja Singh** had done some running as a young man but had given up in his early 20s. After moving to Britain in his mid-80s, he took up running again after a break of about 65 years.

At age 90 he ran the London Marathon in around 6:20, the following year improved on his own record by nearly 40 minutes and in 2012 at the age of 101 he completed the London Marathon in 7 hours 49 minutes!!

Whatever age you are when you start training you will show rapid improvement.

Source: https://www. running4women.com/ you-are-never-too-old- to-start-running/, viewed 20/08/19.

OLDEST RUNNER

CIRCUIT

1. Fast running activity
2. Relay activity
3. Flag race
4. Wading activity
5. Running game

EXAMPLE

- 1 set
- 5 stations
- 3 min / station
- 1 min rest between stations

1. Fast running activity One of the following activities will be chosen for this station. How many times can you achieve the challenge in 2-3 min?

- Go up and back to the markers?
- Run 30m, 40m or 50m, walk back to the start line and run again?
- When jogging in a single file the whistle blows for the last person to sprint to the top of the line. How many group members make it to the top of the line?
- Run from soft sand to hard sand and back?

2. Relay activity One of the following activities will be chosen for this station. Can your team finish the elay in 2-3 min?

- 50m straight line baton race
- Under and over ball relay race
- Tunnel ball relay race
- Leader ball relay race
- Captain ball relay race

3. Flag Race How many flags can you win in 2-3 min (you may need longer!)?

- Squat, turn and run to retrieve a flag, towel or hat from someone's head
- Traditional flag race with smaller distance

4. Wading activity How many times can you complete the wading course in 2-3 min?

- Individual wading activity. Start on beach, run into water to knee/waist height, move parallel to beach around water safety markers, exit water and back to start/finish line.
- Team wading relay.

5. Running game How many rounds of the chosen game can you complete in 2-3min?

- Fish and Chips chase game
- Cones up or down
- Red rover
- Tag and freeze (like Stuck in the mud)
- Ball tag