



# Covenant Kids Run Intermediate Exercise Routine



*A fun exercise routine that's the same as running a mile!*

Running or walking isn't the only way to complete your personal marathon miles. You can count play and exercise too!

**INTERMEDIATE ROUTINE**  
For children who can jog a mile in about 12 minutes.

Every time you complete an exercise routine below, you can circle a mile marker in your Covenant Kids Run Mileage Log Book!

Designed by Youth Development Department, Fort Sanders Health and Fitness Center

**Do one minute of each of these exercises...**

- 1 Jumping jacks
- 2 Jump rope
- 3 March in place
- 4 Side-to-side jump rope
- 5 Chair squats
- 6 March in place
- 7 Push-ups
- 8 Mountain climbers
- 9 Jog in place
- 10 Jog with high knees
- 11 Jog with low knees
- 12 Jumping jacks

**HOW?**

Place the rope on the ground and with your feet side by side, jump from one side of the rope to the other.

**HOW?**

Sit on the edge of a chair. Then repeat standing up and sitting down.

**TIP:**

Easier push-ups are done with your knees on the ground.

**HOW?**

Get into a push-up position with your toes on the ground. Alternate bringing each knee to the chest while keeping your hands in the push up position.

**HOW?**

Lift knees up toward chest while jogging.

**HOW?**

Keep knees low while kicking feet up towards bottom.

**CONGRATULATIONS!**

You've just completed a marathon mile!

