



SPEED RACER
In 2009, Jamaican sprinter Usain Bolt ran a 100-meter race in 9.58 seconds, a world record he still holds today.

Running can help you develop good habits for life.

Your training plan for a 5K race

Taking part in a 5K is challenging, rewarding, and fun. By training for the 3.1-mile race, you'll learn to stick to a plan and achieve goals. "Running a 5K will help you develop lifelong healthy habits," says running coach Nancy Feinstein. Ask an adult to help you find a virtual or in-person race, and sign up to run it on your own or with family or friends. Also ask the adult whether you need a doctor's sign-off. Feinstein's five-week program will help you go the distance.

Get ready to run First, set a schedule, write it down, and post it where you can see it. Have your running shoes ready to go. For lots of energy, eat a nutritious snack like carrots, bananas, or whole-grain toast with peanut butter about 60 to 90 minutes before you run. Don't forget to drink plenty of water.

Weeks 1 and 2 For one week, walk 20 to 25 minutes every other day. In the second week, alternate walking and 30 to 45 seconds of easy running. Set small goals, like running to the stop sign at the corner. On days you don't run, keep moving with 20 to 30 minutes of an activity you enjoy, like riding a bike or jumping rope.

Weeks 3 and 4 Work up to 30 minutes of walking and running every other day. Walk for two minutes, then run for one. Build up to a one-minute walk and a one-minute run. By week four, run more than walk. Stay active on your off days.

Race day The night before your 5K, eat a nutritious dinner, drink lots of water, and get a good night's sleep. During your race, go at your own pace and walk if you need to. The goal is to make it to the finish line!

SPOTLIGHT ON...



Golf

What is it?

Golf has existed in different forms, like paganica and chuiw án, for thousands of years. Modern golf is a game of patience, endurance, and skill. It can be traced back to 15th century Scotland, where it was first played by kings and queens with wooden clubs and balls made of leather and cow hair. Today, aluminum and graphite clubs and lightweight balls maximize distance and speed. Golf became an Olympic sport at the Paris Games in 1900.

How does golf work?

A round of golf is usually played with two or four people, and the lowest score wins. The goal of the game is to get your ball into each hole in as few strokes, or shots, as possible. Each hole has a recommended number of strokes, called par, based on its difficulty. Each shot above par adds to your score. Different clubs are used throughout the game.

A driver is for the first shot off a wooden tee. Irons or wedges are used when you're in sand or close to the hole. A putter is used on the green, the area closest to a hole.

What equipment do you need?

You'll need a set of golf clubs, golf balls, and tees. A starter set of clubs with a carrying bag can be found at a range of prices online or at sporting goods stores. Many golfers wear special shoes, but they are not required.

How can I get involved?

Find videos, online lessons, and resources for young players at littlelinksters.com. Search for courses near you at golflink.com.



COACH OF THE WEEK

Coach's Name: **Eric Greenberg**

Team: **Mamaroneck, NY, Youth Lacrosse**

"Coach Eric is a great lacrosse coach. He played for Lehigh University and is really nice. He teaches me how to dodge better and shoot faster by positioning my body toward the goal. He helped me be quicker by doing foot work through a ladder. We don't scrimmage, but during Steal the Bacon he tries to make everything fair. He is always patient and kind." Luke, 9, New York



To nominate a Coach of the Week, send your coach's name, photo, sport, and team to hello@theweekjunior.com. Include your name, age, state, and reason your coach is great.

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