



## Adapting The Secret 3K to Meet COVID-19 Requirements

Here are some ideas for race directors, track/run clubs, schools, universities when organizing their events!

### Use a Relay Format

Create small cohorts within a larger cohort (a familiar format for Physical Education classes and clubs adapting to covid protocol), and use a relay style run to minimize the number of participants on course at once and maximize the cheering! As in international race formats, participants mask at the start/while in the cohort/when passing other participants to maintain safety.

### Divide Your Space “Zainab Style”

Are you pressed for time and don't have a lot of space? Consider dividing your gym or spacer in half or a quadrant for an authentic representation of how Zainab, the first Afghan woman to run a marathon in Afghanistan and other girls and women have maximized their resources and resiliency to train successfully. Did you know that Zainab trained for the marathon in a small enclosed courtyard by running in loops!

### Make It A Time Trial Session

Use the overall distance of the 3K event and divide it into 3x1km time trials ran in heats/cohorts, and use the times as the foundational start to track and field season training at the school level (at the school level you can incorporate body weight stations training/skill training stations for the groups in recovery/not running).

### Fartlek Intervals

Similar to time trials, but a different training focus! Use a cohort format and have runners complete 3x1km at different paces to enhance your current training plan.

### Follow the Leader Run

Use this training format to physically distance runners by having them run in single file, and at timed whistle intervals, the rear runner runs to the front to lead the group. Keep the pace comfortable for your group's ability, and use it as long slow distance training.

*\*Please note that participants join The Secret 3K from all around the world so COVID-19 health regulations and requirements may be different for your region. In-person events should only be held in places where that is allowed within current government regulations.*