

Run Revolution



2021-22 TARANAKI PILOT PROGRAMME

About Run Revolution

- 5 WEEKS WITH 3 SESSIONS PER WEEK
- 2X DRILLS, TECHNIQUE & RUNNING GAMES PER WEEK
- 1X PARTY RUN PER WEEK
- FITNESS TRACKING & LEARNING

Run Revolution (RR) is a new fun-first, 5-week, in-school programme that uses running, walking and related exercise to empower, inspire and equip Intermediate-aged Kiwis to build a lifelong love of movement.

QUICK SNAPSHOT

Approximately

300

participants from
four Taranaki
schools

93.2%

had at least one positive change
in attitudes and behaviours
towards exercise

Positive average changes in all

14

metrics for exercise attitudes
and behaviours and physical
fitness

0%

prefer traditional cross country
training over Run Revolution

WHAT STUDENTS SAY ABOUT RUN REVOLUTION

“[I liked that] we got to go at our own pace and not feel pressured to succeed at a level that we can’t achieve.”

“Getting to do exercise with my friends and learning new things”

“After you finished each session I felt really good and I liked the feeling.”

“[I liked] the fun run because it really pushed my running fitness.”

“We could learn new running techniques and get better at running while enjoying ourselves with our friends”

“The diversity between the different activities”

Physical Fitness Metrics

4.1%

average increase in maximum sprint speed

3.0%

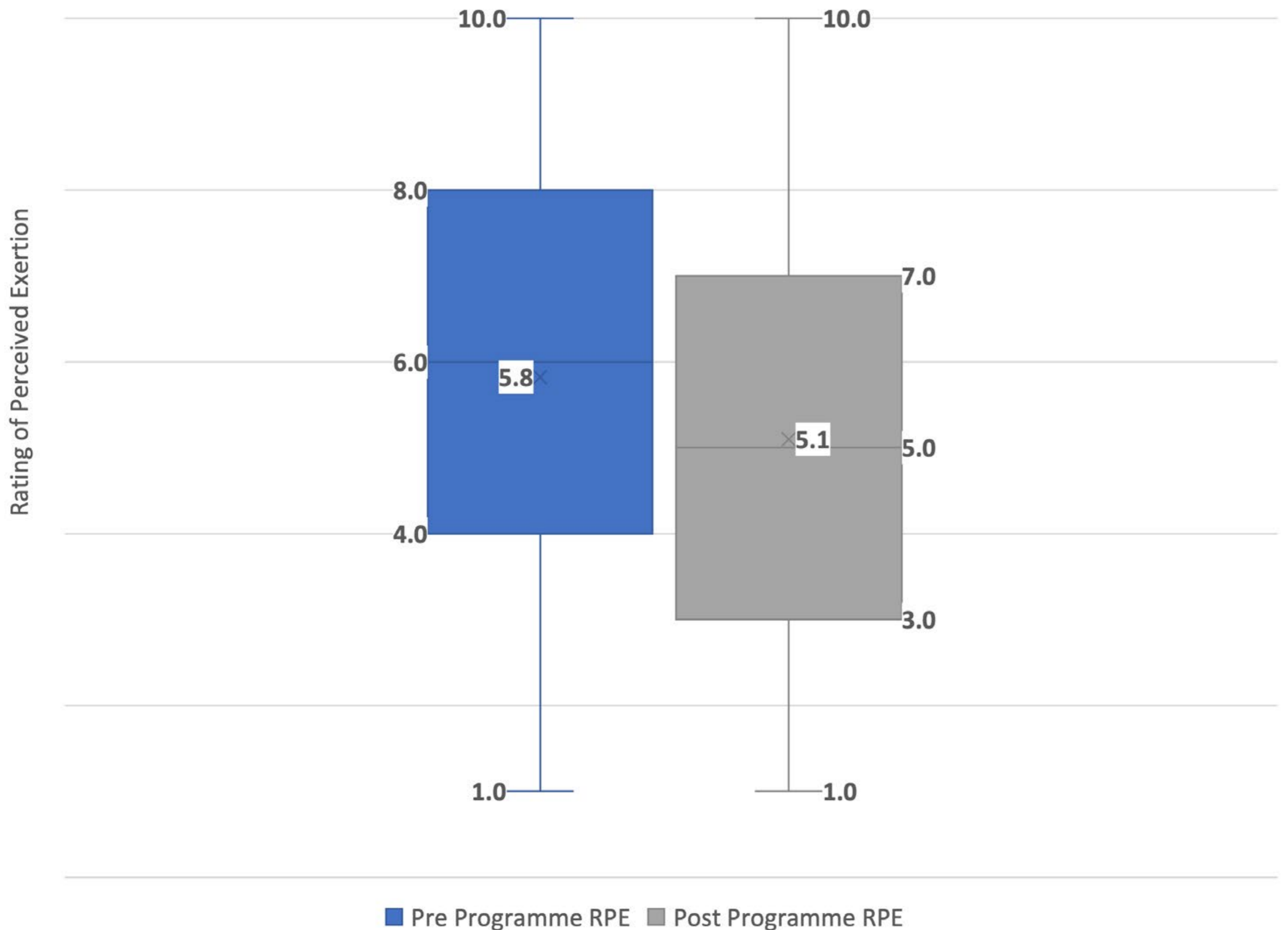
average increase in standing long jump

8.1%

improvement in average perceived effort of completing a 5-minute run

Rating of Perceived Exertion

If you ran for 5 minutes non-stop, how hard would that be for you?
(10 = super hard, 1 = easy)



Attitudes to Running

6.7%

increase in the number of students who enjoy running (from 49.2% to 52.5%)

6.8%

combined average improvement in attitudes towards running

66.6%

increase in number of students who say they know how to improve their running (from 40.7% to 67.8%)

25.8%

increase in the number of students with positive combined attitudes towards running (from 59.3% to 74.6%)

Attitudes to General Exercise & Sport

3.5%

combined average improvement
in attitudes towards general
exercise & sport

29.1%

increase in number of students who
say they know how to improve their
fitness (from 52.5% to 67.8%)

13.8%

increase in the number of students who do
self-initiated exercise *Most days* or *A few
times a week* (from 64.3% to 73.2%)

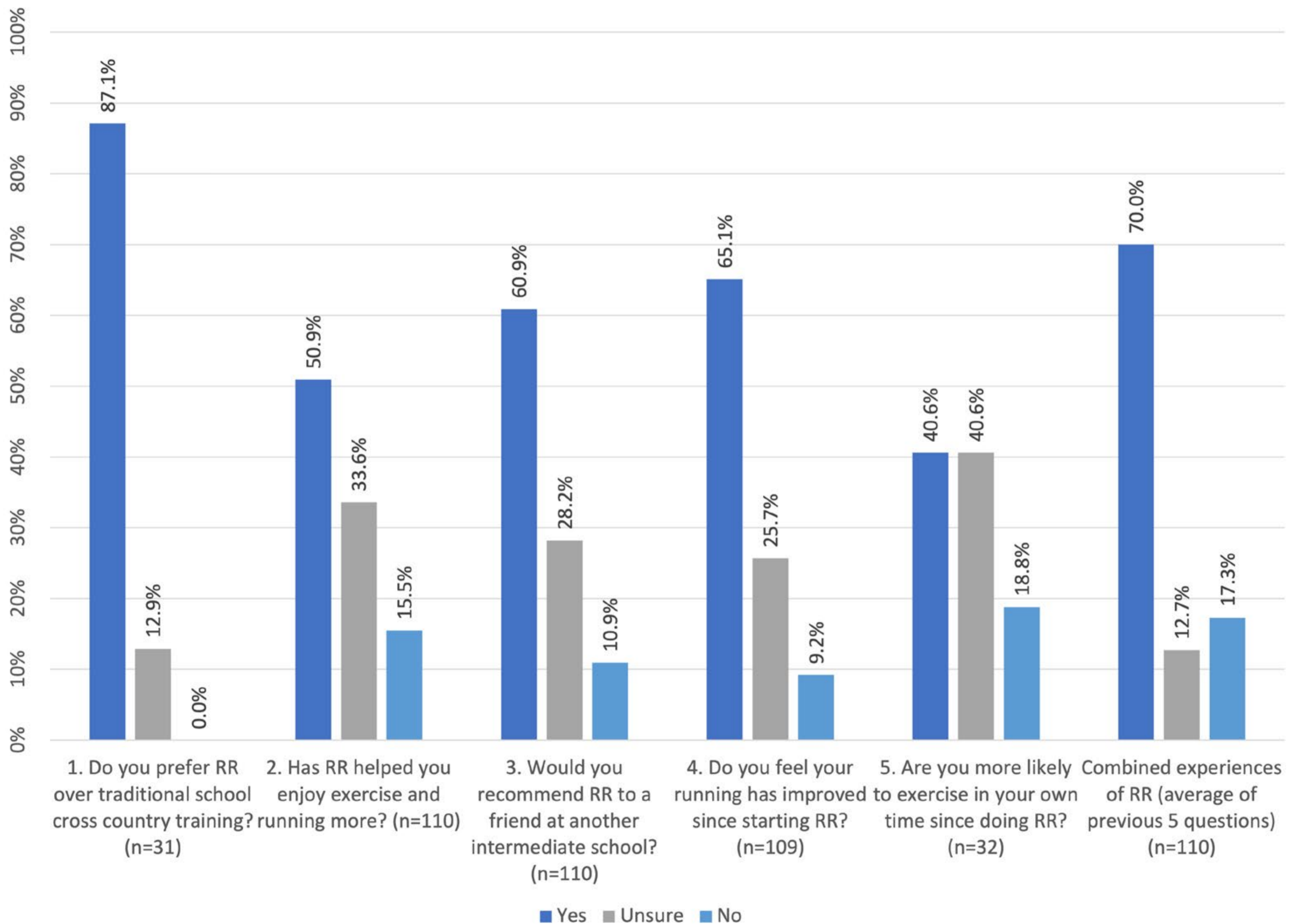
Correlation between Improving Speed & Other Outcomes

A person in a blue shirt is operating a camera on a tripod on a track. In the background, another person is running on the track. The scene is outdoors with a fence and trees in the distance.

Those students who improved their maximum sprint speed were more likely to express positive experiences at RR (across all measures with a correlation of 0.39) as well as positive changes in attitudes towards running (0.26) and knowing how to improve their running (which turned around massively from an inverse relationship of -0.23 Pre-RR to 0.52 Post-RR).

This suggests that, regardless of where your Max Speed is before the programme, if you can improve it, witness it improving through the gathering of data, and understand why it is improving, you will have better outcomes.

Run Revolution Feedback



Summary

The positive average increases across all metrics of attitudinal, fitness and behavioural outcomes—as well as participants' overall positive experiences—is highly encouraging and suggests the programme has great potential to realise its goal of contributing towards the lifelong love of movement and exercise.

However, there was a consistent group of between 9 and 19% of students who did not gain the same positive experiences and effects as the vast majority of students. For this group we need to do more research to understand their needs and RR will most likely need to provide an alternative or more-tailored offering for this group.



What's next?



After the pilot programme was developed and delivered through coaching company TempoFit Ltd, the programme will be owned and delivered long-term through sister organisation, and newly registered charity, Run For Your Life NZ.

Run Revolution will be available to any interested schools around New Zealand in late 2023 and 2024. Please see runforyour.life for details.