

## Designing Game-Based Running Sessions: "Capture the Flag" Adapted for Running Set Up and Implementation:

1. **Objective:** The objective of adapting "Capture the Flag" for running is to create a fun and engaging game that promotes fitness, teamwork, and strategic thinking among intermediate-level runners.
2. **Group Size and Equipment:** Divide the runners into two teams, ideally with an equal number of participants on each side. Each team should have a designated "base" where they will place their flag. Additionally, you will need two flags or markers (e.g., colourful bandanas or cones) that will serve as the "capture the flag" targets.
3. **Field Selection:** Choose a suitable outdoor area that provides enough space for running and manoeuvring. A park, a large open field, or a sports field can work well for this game.
4. **Field Set Up:** Mark the boundaries of the playing field with clearly visible markers, such as cones or flags, to define the boundaries of the game area.
5. **Team Assignments:** Divide the runners into two teams, ensuring that each team has an equal mix of abilities. Assign each team a colour or name to differentiate them.
6. **Objective Placement:** Place each team's flag or marker in their respective bases, which should be located at opposite ends of the playing field. The flags should be easily visible but not too close to the boundaries.
7. **Game Rules:** Explain the rules of the game to the runners before starting:
  - Each team's aim is to capture the opponent's flag and return it to their own base without getting tagged by the opposing team.
  - Players must run within the boundaries of the field while trying to avoid the other team's runners and obstacles.
  - If a runner is tagged by an opponent, they are required to go to a designated "jail" area within the opponent's territory.
  - Players can be released from jail if a teammate manages to touch their hand while passing by. The freed player can then return to their base.
  - The game continues until one team manages to capture the opponent's flag and place it in their own base without any remaining members of their team in jail.
8. **Strategies and Tactics:** Encourage the runners to develop and implement strategies to outmanoeuvre the opposing team. They can use teamwork, speed, and communication to distract opponents and protect their flag. Strategies can include covering teammates, coordinating simultaneous flag attacks, or setting up defensive positions near their own flag.
9. **Variations and Modifications:** To add variation and excitement to the game, consider incorporating rounds or timed gameplay. Additionally, you can introduce power-ups or buffs such as "speed boosts" or "invisibility" that players can find or earn during the game.
10. **Debriefing and Cool Down:** After the game, gather the runners to discuss their experiences, strategies, and teamwork. Use this time to address any lessons learned and provide constructive feedback. End the session with a cool down to allow the runners to stretch and recover.

Remember, safety should always be a priority during the game. Ensure participants are aware of the field boundaries, obstacles, and any potential hazards.