

Excerpt from: Track & Field Self-Guided Workouts: Motivation and Activities

Wear the Shirt

Objective: To have fun and develop teamwork while changing clothes instead of handing off the baton

Description: Designate a loop course. Have a group of shirts available to put on at starting line. It may be fun to select shirts that have a theme, such as school spirit shirts. Start the first lap with one t-shirt on. Start running on the loop course or track. At the end of the lap, put on a second shirt. Continue the relay by putting on an extra shirt at the conclusion of every lap. How many shirts can you put on?

Bonus Variation: (1) Take some video of your relay run and share it with your teammates. (2) Designate a different theme for each lap.

Equipment: T-shirts

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