



## HOW TO PREPARE YOUR LESSONS

As a Motivator, you will have the flexibility to choose your own Warm Up Exercises, Games, and Cool Down stretches. Please review the following documents for help building your lessons.

- » *Sample Warm Up, Cool Down, and Nutrition Overview*
- » *Running Activities and Games*

## SAMPLE WORKOUT

### WARM UP

- » 3 minute run/walk
- » Lunges - both legs (2X10)
- » Heel kicks (2X20 seconds)
- » Wind mills (2X20 seconds)

### ACTIVITY

- » Animal Tag
- » Complete activity for 2-6 minutes

### COOL DOWN

- » 3 minute walk & 3 minutes of stretching
- » Arm across chest (hold 15 seconds each arm)
- » Arm above head (hold 15 seconds each arm)
- » Standing quad pull (hold 15 seconds each leg)
- » Toe touch (hold 15 seconds)
- » Side lunge (hold 15 seconds each leg)
- » Calf stretch (hold 15 seconds)
- » Pretzel (hold 15 seconds each side)

## TRAINING GUIDE

### DAY 1

#### **Short Tempo Run**

##### 10 X RUN FOR 30 SECONDS / WALK FOR 30 SECONDS

- » The students will run for 30 seconds and then walk for 30 seconds for a total of 10 times.
- » The goal is for them to run at an event pace.
- » They do not have to walk if they do not need to.

*Be sure to build either the Nutrition or Mental Health discussion content into one lesson per week. I recommend discussing one during the first lesson and one during the second lesson.*