



TRAINING GUIDE / WEEK 2

TIPS FOR PLANNING:

- » Choose your Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan when to discuss the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

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.

DAY 2

Long Tempo Run

5 X RUN FOR 2:00 MINUTES / WALK FOR 1:00 MINUTE

- » The students will run for 2 minutes and then walk for 1 minute for a total of 5 times.
- » The goal is for them to run at an even pace.
- » Encourage students to run the entire time, but walking is okay if needed.



Photo credit: Terry Fletcher



WELLNESS & NUTRITION FOCUS / WEEK 2



Wellness Focus MENTAL HEALTH

Mental health exists on a continuum. It can change - move up and down the continuum depending on different circumstances - and can get better or worse.

DID YOU KNOW?

When you are on “thriving” or “excelling” on the mental health continuum you can see these positive effects:

- Getting 8-10 hours of sleep each night.
- Your emotions and moods tend to be stable (meaning you experience highs and lows but are able to come out of them).
- Succeeding in school.
- Moving your body 60 minutes a day.
- Enjoying being with friends, family and other important people.

CHECK IN

- Where are you today on the continuum? Is this where you want to be?
- Please visit Delphis.org for more information on the five zones of the mental health continuum.
- You can access the mental health continuum in the motivator tools section.



Nutrition Focus FRUITS

Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried and may be whole, cut-up or pureed.

DID YOU KNOW?

- People who eat more fruits and vegetables as part of an overall healthy eating style are likely to have a reduced risk of some chronic diseases.
- Most fruits are naturally low in fat, sodium, and calories.
- Fruits are sources of many essential nutrients, including potassium, dietary fiber, vitamin C and folic acid (folate).
- Vitamin C is important for growth and repair of tissues.



DAILY TARGET: 2 CUPS

1 cup counts as:

- 1 large banana
- 1 cup mandarin oranges
- 1/2 cup raisins
- 1 cup of 100% grapefruit juice

TIPS

- **Variety.** Buy fruits that are fresh, dried, frozen, or canned (in water or 100% juice) .
- **Snacks.** Try dried fruits mixed with nuts or whole fruits like apples.
- **Convenience.** Individual containers of fruits, like peaches and applesauce are easy to carry.
- **Fiber.** Make the most of your choices. Choose whole or cut up fruit over juice for the dietary fiber it provides.