



TRAINING GUIDE / WEEK 3

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 45 SECONDS / WALK FOR 45 SECONDS

- » The students will run for 45 seconds and then walk for 45 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 3:00 MINUTES / WALK FOR 1:00 MINUTES

- » The students will run for 3 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.





WELLNESS & NUTRITION FOCUS / WEEK 3



Wellness Focus MENTAL HEALTH

In life, we will be faced with ups and downs and may find ourselves struggling, or in crisis on the mental health continuum.

DID YOU KNOW?

When you are “in crisis” or “struggling” on the mental health continuum you may be experiencing some of these things:

- Getting too much or too little sleep.
- Having unstable emotions (excessive sadness, anger, or exhaustion).
- Missing a lot of school.
- Experiencing a decrease in social interaction.

CHECK IN

- If you have been struggling or are in crisis before, what is one thing you can do that has helped before?
- 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 VEGETABLES

Any vegetable or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried; and may be whole, cut-up or mashed.

DID YOU KNOW?

- Most vegetables are naturally low in fat and calories without added sauces and seasonings.
- Vegetables are important sources of many nutrients, which may include potassium, dietary fiber, folate, vitamin A and vitamin C.
- Vitamin A keeps eyes and skin healthy and helps protect against infections. Vitamin C helps heal cuts, wounds and keeps teeth and gums healthy.



DAILY TARGET: 2 1/2 CUPS

1 cup counts as:

- 2 cups raw spinach
- 1 large bell pepper
- 1 cup baby carrots
- 1 cup green peas
- 1 cup mushrooms

TIPS

- **Vary Your Veggies.** Try a vegetable you’ve never tried before and test a new recipe.
- **Brighten Your Plate.** Choose vegetables that are rich in color, such as cherry tomatoes, sweet potatoes or acorn squash. They are full of vitamins and minerals.
- **Substitute Sides.** Instead of the typical fried side dish, ask for a side of vegetables or a salad with dressings on the side.