



## TRAINING GUIDE / WEEK 5

### 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 1:00 / WALK FOR 45 SECONDS

- » The students will run for 1 minute 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

##### 3 X RUN FOR 6:00 MINUTES / WALK FOR 2:00 MINUTES

- » The students will run for 6 minutes and then walk for 2 minutes for a total of 3 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 5

### Wellness Focus MENTAL HEALTH



Grounding techniques help us to be present in the moment and are very beneficial if we are feeling overwhelmed, angry, extremely sad, or even tired.

#### DID YOU KNOW?

Grounding techniques can:

- Help prevent negative emotions.
- Help us to be present in the moment.
- Be done without other people knowing.
- Guide you to use your 5 senses to help ground your attention.

#### CHECK IN

- When could you use a grounding activity? At home? At school?

#### TEST IT OUT

Try this grounding activity to explore your five senses. It will help you gently turn your attention to the present moment and surroundings.

- Point out **five** things around you that you can see.
- Say **four** things you can feel.
- Say **three** things you hear.
- Identify **two** things you can smell.
- Say **one** thing you can taste.

*Take another deep breath to end the activity and reflect on your experience.*



### Nutrition Focus DAIRY

All fluid milk products and many foods made from milk are considered part of the dairy group. Most dairy choices should be fat-free or low-fat.

#### DID YOU KNOW?

- Dairy nutrients include calcium, potassium, vitamin D and protein. Intake is linked to improved bone health.
- Calcium is used for building bones and teeth. It is important during childhood and adolescence when bone mass is being built.
- Calcium-fortified soymilk is also part of the dairy group.



#### DAILY TARGET: 3 CUPS

1 cup counts as:

- 1 cup milk
- 1 cup yogurt
- 2 ounces processed cheese

#### TIPS

- **Go fat free or low fat.** Choose fat-free or low-fat milk, yogurt or cheese. Fat and added sugars count against your limit for calories in these areas.
- **Alternate options available.** Calcium-fortified juices, cereals, breads, rice milk or almond milk, soybeans and kale are choices for those who do not consume dairy.