



## TRAINING GUIDE / WEEK 6

### 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

##### 12 X RUN FOR 1:00 / WALK FOR 30 SECONDS

- » The students will run for 1 minute and then walk for 30 seconds for a total of 12 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 7:00 MINUTES / WALK FOR 2:00 MINUTES

- » The students will run for 7 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 6



### Wellness Focus MENTAL HEALTH

Gratitude means being thankful and showing your appreciation for something. Gratitude helps us open our eyes to the positive in our lives, and to see the opportunities around us.

#### DID YOU KNOW?

Gratitude can:

- Reduce depression.
- Increase happiness.
- Strengthen resilience.
- Increase energy.
- Increase self-esteem.

#### TEST IT OUT

We can practice gratitude by journaling what we are thankful for, random acts of kindness, saying please and thank you, or even by celebrating the successes of others.

#### CHECK IN

- Name one thing you are grateful for at home and in school.



### Nutrition Focus BEVERAGES/ADDED SUGAR



Added sugars are sugars and syrups that are added to food/beverages when they are processed/prepared. Drink and eat beverages and food with less sodium, saturated fats and added sugars.

#### DID YOU KNOW?

- Most of us eat and drink too many added sugars from foods such as cakes, cookies, soft drinks, syrups, etc.
- Eating at home more often may help you know exactly what you are eating. If you eat out, check and compare nutrition information.
- This group does not include natural sugars found in milk and fruits.



#### LIMIT ITEMS HIGH IN:

- **Sodium**, such as soups, sauces and gravies
- **Saturated fat**, which is often found in animal products
- **Added sugars**, including high-fructose corn syrup and lactose
- **Calories**, especially empty calories from soft drinks, etc.

#### TIPS

- **Drink Water.** Water is calorie free. Non-diet soda, energy or sports drinks and other sugar sweetened drinks contain a lot of calories from added sugars and have few nutrients.
- **Exercise Your Options.** Choose fruits over foods with added sugar, vegetable oils instead of butter and oil-based sauces and dips instead of ones with butter, cream or cheese.