



## 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 even 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?
- 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.