



TRAINING GUIDE / WEEK 4

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 45 SECONDS / WALK FOR 30 SECONDS

- » The students will run for 45 seconds and then walk for 30 seconds for a total of 12 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

4 X RUN FOR 5:00 / WALK FOR 1:30 SECONDS

- » The students will run for 5 minutes and then walk for 1 minute and 30 seconds for a total of 4 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 4



Wellness Focus MENTAL HEALTH

Coping skills are strategies we use to manage feelings, emotions, and stress. These strategies help us wherever we may be on the mental health continuum. Deep breathing is a great coping strategy. Unlike normal breathing, taking deep breaths encourages you to slow down and pay attention to your body as you inhale and exhale.

DID YOU KNOW?

Deep breathing can help:

- Decrease stress.
- You remain calm.
- Sharpen the ability to focus and learn.
- Slow the heart rate.
- Help to control your emotions.

TEST IT OUT

- Slowly take a deep breath in through your nose and exhale through your mouth. Repeat this for 1-minute



CHECK IN

- How did the breathing activity feel?
What was the hardest part?



Nutrition Focus PROTEIN

Proteins include meat, poultry, seafood, beans, peas, eggs, processed soy products, nuts and seeds. Beans and peas are also part of the vegetable group.

DID YOU KNOW?

- Proteins are vital for the health and maintenance of your body.
- Proteins function as building blocks for bones, muscles, cartilage, skin and blood. They are also building blocks for enzymes, hormones and vitamins. Vitamin B, found in this group, serves a variety of functions in the body.



DAILY TARGET: 5 1/2 OUNCES

1 ounce counts as:

- 1/4 cup cooked beans
- 1 Tbsp peanut butter
- 1 egg

TIPS

- **Select Seafood.** Choose seafood at least twice a week.
- **Go Lean.** Choose lean cuts of meat and ground beef. Avoid foods that are high in saturated fat and cholesterol that may have health implications.
- **Save with Eggs.** Eggs can be an inexpensive protein option.