



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 even 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.