



## TRAINING GUIDE / WEEK 1

PRESENTED BY  INDIANA UNIVERSITY INDIANAPOLIS

### TIPS FOR PLANNING:

- » Choose the Warm-Up Exercises for your workout.
- » Decide on an Activity to get everyone engaged (pair a quick activity on long run days).
- » Plan your discussions of the Mental Health & Nutrition tips during your training.
- » Complete the Daily Training Guide.
- » Lead Cool Down stretches with the group.

## DAY 1

### Pre-Testing

Start week 1 with an activity to test your current fitness. This simply sets a personal benchmark for you before starting the 6-8 week program and will allow you see how far you will have come by the final week!

Set out two marks, such as cones or anything visible. They should be 20-meters apart. This is approximately from the end zone to the 22-yard hash line of a football field if you are not able to measure exactly.

**Test Objective:** Run as long as possible back and forth across a 20-meter space at a specified pace which increases each minute.

- » **FitnessGram - Pacer Test**

The PACER (Progressive Aerobic Cardiovascular Endurance Run) is the default aerobic capacity test in FITNESSGRAM. It is a multistage fitness test adapted from the 20-meter shuttle run test published by Leger and Lambert (1982) and revised in 1988 (Leger et al.). The test is progressive in intensity—it is easy at the beginning and gets harder at the end. The progressive nature of the test provides a built-in warm-up and helps children pace themselves effectively. The test has also been set to music to create a valid, fun alternative to the customary distance run test for measuring aerobic capacity. (Use a 15-meter shuttle run if the gym is not long enough.)

- » **Pre-Nutrition & Physical Activity Survey**

## DAY 2

### Endurance Test

- » **Grades 4-8: 1-Mile Endurance Test** – Record the times of each student.
- » **Grades K-3: Modified Endurance Test** – Alternative distances for younger children are 1/4 mile for 6-7 years old, and 1/2 mile for 8-9 years old. The same objective and testing procedure are used as with the mile run.



## WELLNESS & NUTRITION FOCUS / WEEK 1

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### Wellness Focus **MENTAL HEALTH**

**Mental Health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community (World Health Organization).**

#### DID YOU KNOW?

- Mental Health affects how we think, feel, and act.
- Mental Health is different than Mental Illness.
- You play an important role in your mental health and wellbeing.
- Almost half of Indiana students have felt hopeless or sad for more than two weeks in a row. (Center for Disease Control and Prevention Youth Behavior Risk Survey)

#### CHECK IN

- It is important to be in tune with your emotions, feelings, and moods. In order to do this we must be intentional and provide time each day to check in with ourselves.

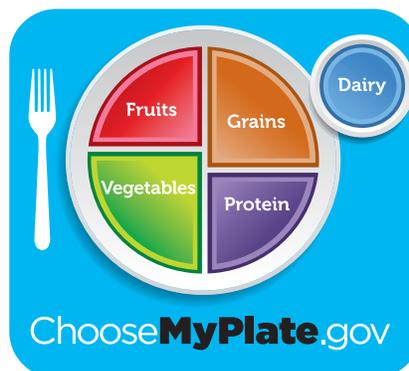


### Nutrition Focus **MYPLATE**

**Eating healthy is a journey shaped by many factors.  
We will use MyPlate to create a healthy eating style you can build on throughout your lifetime.**

#### DID YOU KNOW?

- MyPlate can help you learn how to make healthy food and beverage choices.
- Everything you eat or drink matters. The right mix can help you be healthier now and in the future.



#### TIPS

- **Be Smart.** Focus on variety, amount, and nutrition.
- **Start Small.** Start with small changes to build healthier eating styles.
- **Offer Support.** Support healthy eating for everyone.