



TRAINING GUIDE / FINAL WEEK

Below are the items to tackle this week for a strong finish!

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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 90 SEC / WALK FOR 30 SEC

- » The students will run for 1 minute and 30 seconds, and then walk for 30 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

2 X RUN FOR 9 MIN / WALK FOR 2 MIN 30 SEC

- » The students will run for 9 minutes and then walk for 2 minutes and 30 seconds for a total of 2 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.

During your final week, please also complete the following:

REVIEW THE FOLLOWING:

1. Race Procedures
2. Discuss Etiquette of Running in an Event
(please reference the Etiquette of Running in an Event document & Video)
3. What to wear
4. Review transportation to the event
5. Race times
6. Pre - Race Things to Know

PLEASE COMPLETE AND RETURN THE FOLLOWING:

1. FitnessGram - Post Pacer Test
2. Post - Nutrition & Physical Activity Survey
3. Post - Mental Health Survey
4. Testimonials



WELLNESS & NUTRITION FOCUS FINAL WEEK

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Wellness Focus **MENTAL HEALTH**

Positive talk or thinking can be called “affirmations.” Affirmations are positive words or statements that you think or say, and believe to be true. They help you challenge and overcome negative thoughts and help you believe in yourself.

DID YOU KNOW?

- Each day, we have about 70,000 thoughts. Of those, approximately 70% are negative.
- Positive self talk can reframe our negative thoughts and feelings.
- Positive self talk helps to increase mental and physical well-being.
- Positive self talk can reduce stress and boost confidence.

CHECK IN

- Share with a partner a daily affirmation you would like to adapt.

TEST IT OUT

There are three steps you can take to create your daily affirmation:

- **Step One.** Think about the behaviors you’d like to change in your life.
- **Step Two.** Come up with a positive and achievable statement that is the opposite of these thoughts.
- **Step Three.** Recite the affirmation several (2-3) times a day, especially when you find yourself slipping into negative self-talk or when engaging in the negative behavior.



Nutrition Focus **REVIEW**

Use MyPlate to build your healthy eating style and maintain it for a lifetime.
Start with small changes to make healthier choices you can enjoy.

- **Find your healthy eating style.** Eat a variety of foods regularly to get the nutrients and calories you need.
- **Fill your plate with healthy options.** Vegetables and fruits are full of nutrients that support good health.
- **Include whole grains.** Aim to make at least half of your grains whole grains that provide more nutrients.
- **Add lean protein.** Choose proteins such as lean beef, fish, chicken, or turkey and eggs, nuts, beans and tofu.
- **Don’t forget the dairy.** Seek out fat-free or low-fat dairy options for calcium and other essential nutrients.
- **Avoid extra fat.** Select healthier options for sauces and seasonings that are low in fat and calories.
- **Consider your drink.** Choose water or other drinks without added sugars to complement your meal.