



## DAISY TRAINING GUIDE

2019 will be the return of our new GSNENY Family Fun 5K & Dashing Daisies. This great event celebrates putting your best self & foot forward by engaging in healthy choices and exercise! Embrace the power of you, with healthy choices inside & out to become stronger, faster, and to define what a courageous and confident leader is moving forward.

What you do to prepare for the GSNENY Family Fun 5K & Dashing Daisies is much more than a running program. This training guide will give you the training necessary to confidently complete the event on October 12, 2019 in Schenectady at Central Park. To enhance the training, we've added different topics to cover. Choose a few or choose them all! Each session, both training and activity, is slated to last 30 minutes. If you feel you aren't ready to move on to the next training session, repeat the current session, but don't be tempted to skip ahead. Each training session is named after a suggested song which can keep everyone pumped and motivated! At the end of the training guide are a series of different stretching exercises, charts and information to help along the way.

### **Tips for successful training sessions:**

- ✓ Music can be a great mood setter. Play music if possible, which will keep girls motivated and happy. Create your own playlist, use Girl Scout songs or use the song suggested for the session.
- ✓ Cold weather keeping you indoors? Contact the local schools or gyms about use of their facility on chilly days. Or bundle up and head to the track at the local high school.
- ✓ Water, water water! Make sure everyone has a water bottle and drinks enough water both before & after a run.
- ✓ Positive reinforcement: We all have our good days and bad days: make sure we encourage those who may be having a bad day while we're having a good day. Keep motivated about the current goal set and give kudos on every accomplished goal, no matter how small.
- ✓ HAVE FUN!

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**Daisies are an important part of Girl Scouting and we want to make sure you have a training guide that will help you for the burst of speed you need to complete Dashing Daisy!**

**Try to find a gym or place with a large open space where you can work with the girls on jogging and sprinting activities.**

### **Session 1a:** *It's Your Planet Love It – Between Earth & Sky – Getting Ready to Dash*

In the opening ceremony of the *Between the Earth & Sky Journey* the concept of going on a trip or journey is given to the girls. With preparing for the Daisy Dash the girls are also going on a journey - learning about being healthier and more physically active.

It's a Balancing Act Activity

Materials needed: 1 Journey Book or another book per girl

Challenge the girls to play a balancing game. Have the girls split into 2 groups and then ask each group to walk across the room while balancing an object on their head. It can be their Journey Book, another book, a sheet of paper or whatever you choose. When they have all tried to cross the room as what they needed to keep the item on their head..... Balance..... Then discuss what the girls need to be healthy is .....Energy Balance

Energy Balance is the balance of 2 things: **Energy In...** the calories you get from eating and drinking and **Energy Out...** the calories you burn from physical activities. Many of these are things you do daily like getting dressed, cleaning your room, climbing stairs, playing a sport or on the playground as well as basic body processes like thinking & sleeping.

Calories from foods & beverages are important in that they are needed for energy so we can breathe, think, move and pump blood. A calorie is unit of energy, if a glass of juice and a healthy snack equals 100 calories it is a way to describe how much energy we get from eating and drinking them.

### **Session 1b:** Training - Black Eyed Peas “Let’s get it started!” censored version

- Warm up 5-minute walk
- Run for 60 seconds and walk for 90 seconds for a total of 20 minutes
- Play “musical jogging”: change music every time walking and running intervals change.
- Cool down: basic stretches (Hamstring stretches, Quad stretches, and neck stretches)  
\*Make sure girls have water bottles/take water breaks! \*

### **Session 2a:** *Between Earth and Sky Journey – Our Trip Begins*

Materials:

Drawing paper/white sheets of paper 2 per girl

Crayons or markers

In the beginning of the Journey it relates to the girls about travelling far away and near for *Dashing Daisies* the girls will be running a short distance but will travel further to get to Schenectady Central Park. Lupe’s car runs on flower power. She is certain her car is ready for the trip and all spruced up for the road. Check out Lupe’s car it sure looks fun! Ask: What parts of it come from nature, is the car a good reflection of Lupe, if so how?

Have the girls think about and make a drawing of a special car they would build. Afterwards have the m explain what their car is like and why they chose the color they did, what type of energy would their car use? Energy is important for a car to be able to run but we also need energy to be able do things that we like. Ask the girls what types of activities do you do that take energy? This leads into their second drawing activity of the colorful rainbow. On their second sheet have the girls create a rainbow. Explain that eating a rainbow helps to keep us healthy and energized. Ask the girls to take their rainbow with them and between now and the next meeting to write on their rainbow the different colored veggies and fruits they eat. Encourage the girls to have their families participate and help them to keep track and to bring the rainbow back to the next

meeting to share what they have eaten. Share with the girls and parents that they can visit the website [www.choosemyplate.gov](http://www.choosemyplate.gov). They have great daily planning worksheets you and the girls can use throughout your training and have much more info to help you along the way.

### **Session 2b:** “About a Girl”

- Warm up jumping jacks (sets of 3)
- Knee high marches (sets of 3)
- Two sets of the following: Run for 90 seconds, walk for 90 seconds, run for 3 minutes, walk for 3 minutes.
- Cool down: (Hamstring stretches, quad stretches & neck stretches)

### **Session 3a:** *Between Earth and Sky Journey* - Lending a Helping Hand

On page 14 of the Girl Journey Lupe tells Zinnia she is considerate because she wants to be helpful on the road trip. Remind the girls this is part of the Girl Scout Law. Being considerate with each other as they train and work together will be an important part of what the girls do. On page 52 of the adult guide there is a role-playing activity that you can do with the girls to aid them with helpful and caring behavior. Try thinking of different ones you could use so the girls can continue to role play with each other to prepare for the Daisy Dash. Role playing about different things they may be feeling might help them boost their confidence, encourage teamwork and help them to be more considerate to each other. Page 59 in the Adult Guide has other role-playing scenarios concerning feelings to help girls come up with solutions to how they relate to each other.

### **Session 3b:** “Makes me Happy”

- Warm up stretches: Quad stretches, arm to toe stretches, and hamstring stretches
- 3-minute warm up walk
- Jog for 3 minutes
- Walk for 90 seconds
- Jog for 3 minutes
- Walk for 2 minutes
- Jog for 2 minutes
- Walk for 90 seconds
- Cool down: Have everyone take a water break and lay in a circle. Put on relaxing music and dim the lights. Have the girls breathe deeply in and out (counting down to 5 for each inhale & exhale) Have them picture their most favorite place, and picture themselves there. (Do this exercise for 8-10 minutes.)

### **Session 4a:** *Between Earth and Sky Journey* - Feast of Plant Parts & How Plants Drink

Page 9 of the Girl book explores both how plants drink and the different basic plant parts: flowers, stems, leaves and roots. You can choose to do Activity 1, Activity 2 or both if you like.

#### Activity 1 – How Plants Drink & Humans Drink

If you have a plant which is drooping due to not being watered properly bring it to your session to teach the girls what happens when it becomes hydrated. Have the girls observe the droopy plant and ask one girl to water it. While they keep watch over it explain that for people it is very important to drink fluids and stay hydrated for Energy In. Just like the plant, humans need water when they are thirsty. Ask what they drink the

most when they are thirsty. The plant should have perked up by now so you can come full circle by explaining the plant was thirsty and needed to be watered (it's favorite drink) for energy in to be healthy. The water plants drink moves through their roots then stem to the leaves and flowers.

You can also choose to show this by purchasing some cut daisy flowers from your local florist the day before your next meeting. Place half of the daisies into one vase and add just plain water. In a second vase mix several drops of food coloring with water and add to the vase. By the time you begin your meeting the daisy petals should begin to change color, illustrating that they are drinking the water through their stem.

Activity 2 - Feast of Plant Parts pg. 58 Adult Guide

Help the girls understand that foods they eat every day represent all of the different plant parts including seeds. Together with the girls prepare a plant snack feast for after your training session for the girls to enjoy. Try choosing the following for the feast for the girls to then match to the plant part they are noshing on. You can add dip to the mix if you like:

- Flowers: broccoli & cauliflower
- Stems: celery, asparagus, rhubarb
- Leaves: different types of lettuce, spinach, cabbage
- Roots: carrots, radishes, red beets, parsnip, turnips
- Seeds: sunflower seeds, green beans, sugar snap peas

They may be feeling a little droopy themselves after their training session, so by having their healthy snack afterwards will be adding Energy In.

#### **Session 4b:** "Eye of the Tiger"

- Have the girls pick their indoor/outdoor route
- Stretches: (hamstring, quad stretches and finger to toe stretches)
- Warm up 5- minute walk
- Jog for 5 minutes
- Walk for 3 minutes
- Jog for 8 minutes
- Water & snack break

#### **Session 5a:** *Between Earth and Sky Journey* - Blueberry Pancakes Oh My?

In Chapter 2 the flower friends are travelling to Maine & visit a very special inn where they have blueberry pancakes for breakfast. The pancakes are Energy In for the flowers so they can continue on their way.

Discuss how breakfast is the most important meal of the day especially for children since it refuels their bodies, (Energy In) after a long night's rest, (Energy Out). Plus, children who eat a healthy breakfast tend to be more focused, eat healthy overall and are apt to participate in physical activities.

Ask the girls the questions on pg. 64 of the Adult Guide in the Story Time section, then relate it to how important it will be for them to have breakfast on the day of the Daisy Dash so they will be energized for the dash.

Activity: Making Butterflies pg. 66 Adult Guide

Materials needed:

4 by 4 squares of colorful paper or purchase Origami paper at your local craft store

Markers or crayons

Add an energy kick to the activity by explaining that while they are being creative and making their butterfly they are using brainpower and art as energy out. Also, explain how butterflies need nectar (Energy In) to be able to flutter about (Energy Out).

### Session 5b: “Girls run the world”

- a. Stretches: (hamstring, quad & finger to toe stretches)
- b. Warm up 5- minute walk
- c. Jog for 5 minutes
- d. Walk for 5 minutes
- e. 2 sets of 100- yard dashes or wind sprints
- f. Walk for 2 minutes
- g. Water break
- h. Cool down: Put on relaxing music and practice basic yoga postures & breathing techniques
- i. Sit down pose: Focus on your breath. Keep your spine straight and push the sit bones down into the floor. Allow the knees to gently lower. If the knees rise above your hips, sit on a cushion or block. This will help support your back and hips. Take 5-10 slow, deep breaths. On the next inhale, raise your arms over your head. Exhale and bring your arms down slowly. Repeat 5-7 times.
- j. Mountain pose: Stand with feet together, hands at your sides, eyes looking forward. Raise your toes, fan them open, then place them back down on the floor. Feel your heel, outside of your foot, toes and ball of your foot all in contact with the floor. Tilt your pubic bone slightly forward. Raise your chest up and out, but within reason - this isn't the army and you're not standing at attention. Raise your head up and lengthen the neck by lifting the base of your skull toward the ceiling. Stretch the pinky on each hand downward, and then balance that movement by stretching your index fingers. Push into the floor with your feet and raise your legs, first the calves and then the thighs. Hold for 5 to 10 breaths, relax & repeat.
- k. Warrior pose: Begin in mountain pose with feet together and hands at side. Step your feet 4-5 feet apart. Turn your right foot about 45 degrees to the left. Turn your left foot 90 degrees to the left so that it is pointing straight out to the side. Slowly bend the left knee until the thigh is parallel with the floor but keep the knee either behind or directly over your ankle. Raise your arms over head. Then slowly lower them until your left arm is pointing straight ahead and your right arm is pointing back. Concentrate on a spot in front of you and breathe. Take 4 or 5 deep breaths, lower your arms, and bring your legs together. Reverse the position.

### Session 6a: *Between Earth and Sky Journey - So Many Seeds*

Pages 34 - 35 of the Girl Book & 64 - 65 of the Adult Guide speak to seeds and weeds, Zinnia was so concerned that she would spread her seeds as they travelled by them blowing in the wind. Now that it is moving towards springtime you may want to invite a gardener to a meeting or visit a farm to learn about different seeds. In advance of the visit meet with the gardener or farmer to discuss the ways they plant, the variety of seed sizes, shapes, color, texture, etc. Try to find out if they can relay to the girl's information about weeds and invasive species and how they are spread through wind, animals and people.

Dandelions are a part of the daisy family and are one of the most common and widespread weeds we see. Ask the girls the questions on pg. 35 of their book to find out what they know about weeds & dandelions. If possible, find if they are willing to do a seed starting project of the rainbow of veggies that the girls can plant later in the spring at home to continue with their healthy diet long after the *Dashing Daisy* run. If they are not able to help with this, you can choose to do it at another meeting with the girls.

### Session 6b: “Respect”

- a. Warm up stretches (quad, hamstring, neck stretches)
- b. 5- minute warm up walk
- c. Jog for 3 minutes
- d. Walk for 3 minutes

- e. 2 sets of 100- yard dashes or wind sprints
- f. Walk for 3 minutes
- g. 2 sets of 100- yard dashes or wind sprints
- h. Walk for 3 minutes
- i. Water break
- j. Cool down: Repeat the following stretches three times:

Wall Push up: Stand about three feet from a wall with feet shoulder width apart and flat on the ground. Put your hands on the wall with your arms straight for support. Lean your hips forward and bend your knees slightly to stretch your calves

Hip & Lower Back Stretch: Sit on the ground with your legs crossed. Lift your right leg and cross it over the left, which should remain bent. Hug the right leg to your chest and twist the trunk of your body to look over your right shoulder. Change legs and repeat (i.e. looking over your left shoulder).

Groin Stretch: Seated, put the soles of your feet together. With your elbows on the inside of your knees, gradually lean forward and gently press your knees toward the ground.

### Session 7a: Yoga & You

Explain that yoga is a philosophy of movement and meditation that has been around for thousands of years. It can teach strength, flexibility, concentration, balance and body awareness for people of all ages. Yoga can improve your self-confidence, focus, intellect, fitness, calmness and creativity, while also reducing stress. Here are some simple yoga exercises you can do with the girls or contact a local yoga center to see if they will do a class for your troop, (Good Karma Yoga in Colonie, your local Y, etc.)

- Butterfly -Sit on the floor with the soles of your feet together. Sit up straight and hold your feet. Gently flap your knees up and down like the wings of a butterfly.
- Cobra - Lie on the floor on your stomach with your legs straight out and your hands next to your chest. Push your upper body up with your hands into a back bend while leaving your hips and legs on the ground. Hold this pose for a count of ten and gently come back down.
- Camel - Sit on your knees with your feet behind you. Reach back with your hands and grab your feet while your upper body remains tall. Hold this pose for a count of ten.
- Cat and Cow - Get on the floor on your hands and knees. With your hands under your shoulders, drop your head and arch your back upward for a cat pose. Then, lift your head and arch your back downward for a cow pose. Rotate from one pose to the other three to five times, holding each one for a count of ten.
- Tree Pose: (helps to develop balance). Stand with your shoulders back and take a deep breath. Raise your right leg with knee bent and rest your foot on the inside of your left knee, (see notes on Anmolmehta.com). Bring your hands together in front of your chest, palms together, and slowly raise above your head, as you breathe deeply. (Most children will be wobbly at first but see how long the girls can hold the pose.)
- Rock n' Roll (The Rock n' Roll exercise is a fun way to use yoga for more active children.) Lie on you back on a yoga mat. Grab your knees with your arms, wrapping them tightly. From this position, roll back and forth, stretching out your spine and strengthening your abdominal muscles. Roll for one minute before you inhale and exhale to a flat position once again.

### Session 7b: “Mobile”

- a. 5- minute warm up walk
- b. Jog for 3 minutes without stopping
- c. 2 sets of 100- yard dashes or wind sprints
- d. Walk for 3 minutes
- e. 2 sets of 100- yard dashes or wind sprints
- f. Cool down stretches: quad stretches, groin stretches, hamstring stretches
- g. Have the group decide which cool down tactic they'd like to do yoga, visualizing, cool down walk

### Session 8a: *Between Earth and Sky Journey* - Skills I have

In Chapter 3 of the story Sunny the Sunflower is using her special skill of “getting the lead” out to help the city of Pittsburgh in cleaning up the soil. Read the story on pg. 43 then talk about the other plants that can help clean the soil and explain that most people don't understand how plants are able to help in cleaning up the environment. You can begin a discussion on how considerate Zinni was when speaking to Lupe and how honest Lupe was when answering. Part of this discussion can be on how these are all an important of Girl Scouting's practices.

Activity:

Materials needed:

Pencils or markers

Index cards or sheets of paper

Page 72 of the Adult Guide in the Closing Ceremony details girls being able to tell the special skills that they see in the other girls in the troop. Have the girls do the activity with the girls sitting in the Friendship Circle and stating a special skill in the girl sitting next to them. Then follow up by handing out pencils/markers and index cards/paper. Assist the girls to write at the top:

Special Daisy Skills I have for helping my Daisy friends to complete the dash

Next have the girls list the special skills they feel they have to help the others when getting ready for and during the dash.

### Session 8b: “ I Will Survive”

- a. Brisk 3- minute warm up walk
- b. Jog for 3 minutes, without stopping
- c. 2 sets of 100- yard dashes or wind sprints
- d. Walk for 3 minutes
- e. 2 sets of 100- yard dashes or wind sprints
- f. Cool down 5- minute walk, and complete stretches
- g. Water break
- h. Work with the girls to determine running buddies to keep motivated on race day  
(Try to keep it with girls who can keep pace with each other)

**Session 9a:** *Between Earth and Sky Journey – Land of Milk and Cheese*

You're almost ready for the race! Looking back through all that you have done to prepare remind the girls of the healthy rainbow and [www.choosemyplate.gov](http://www.choosemyplate.gov) website. If you went to the website, you found that girls at the Daisy level should be consuming 2 ½ cups of dairy products daily. Milk & cheese products are considered sleepy foods since they contain more tryptophan than turkey. Our bodies use tryptophan to make serotonin which helps with sleep. This is why a warm glass of milk may help if you can't fall asleep.

Upstate NY is full of dairy farms. Battenkill Creamery located in Salem provides milk & ice cream locally and has an ice cream parlor in their Creamery Store. Ronnybrook farm is another located in Ancramdale and has products from milk to drinkable yogurt to ice cream. Both have websites but check your local area to find if there is a dairy farm you can visit with the girls to learn more about dairy farming and dairy products.

Activity Dairy Snacks for after training session.

Materials needed:

Stalk of Celery                      Cream cheese  
Crackers                              Cheddar cheese (block)  
Flavored yogurt    Chocolate milk  
Paper plates                          Knives – plastic works well for Daisies  
Spoons  
Cups 7 oz. will work great for both the yogurt & chocolate milk

Have the girls help in preparing their after-training snack by cleaning and cutting the stalk of celery into pieces about 3 – 4 inches long. Next have them stuff the pieces of celery with cream cheese and arrange them on a paper plate. Help girls cut the block of cheddar cheese into squares and arrange on plate with crackers.

After the training session the girls can help each other to hand out plates and cups and spoon yogurt into one of their cups and pour chocolate milk into the other. They can then try the celery with cream cheese and cheese and crackers for Energy In.

**Session 9b:** “Boom Boom Pow!”

- a. Brisk 3- minute warm up walk
- b. Jog for 3 minutes, without stopping
- c. 2 sets of 100- yard dashes or wind sprints
- d. Walk for 3 minutes
- e. 2 sets of 100- yard dashes or wind sprints
- f. Cool down 5-minute walk, and complete stretches
- g. Snack break

**Session 10a:** “The End”

- a. Brisk 3-minute warm up walk
- b. Jog for 3 minutes, without stopping

- c. 2 sets of 100-yard dashes or wind sprints
- d. Walk for 3 minutes
- e. 2 sets of 100-yard dashes or wind sprints
- f. Cool down 5-minute walk, and complete stretches
- g. Suggested tip: Give each girl a small giveaway or prize for completing the series and put on inspiring music and recognize each girl in an informal ceremony. Get pumped for the Girls Running the World Daisy Dash & 5K

### Session 10b: A Happy Meal

- Materials: Locally grown, healthy food to make a final meal before race day! (Carbo -load)  
Suggested recipes:

#### Pesto & Mozzarella Pizza:

Ingredients: 1 cup grated mozzarella cheese 6-8 sundried tomato quarters/sliced fresh tomatoes, 1 roll of puff pastry/phylo, salt/pepper to taste, Parmesan cheese shavings, 2tsp. pesto, Olive oil to sprinkle.

Directions: Roll out pizza base using the puff pastry into a large square. Sprinkle with mozzarella cheese, add sundried tomato quarters, and sprinkle with olive oil, parmesan cheese shavings, dollops of pesto and salt and pepper to taste. Bake in warm oven at 180 degree until bubbling and serve hot.

#### Cinnamon French toast with Fresh Fruit:

Ingredients: 500ml milk, 5 beaten eggs, 15 ml ground cinnamon or mixed spice, pinch of salt, 10 thick slices of milk loaf or challah bread, 125 ml oil, 75 g butter and fresh fruit in season such as strawberries or cling peaches.

Directions: 1. Whisk milk, eggs, cinnamon and salt together. Place a slice of bread into milk mixture to soak, turn over. Repeat with remaining slices. 2. Heat a large frying pan with oil, add butter. When bubbling, fry drained slice of soggy bread. Fry until golden brown on one side before turning over, continue cooking until golden. Drain on kitchen paper and serve immediately with syrup and fresh fruit.

Or can you do the classic spaghetti and whole wheat pasta!

- Have the girls help prepare the meal, assigning each girl a specific assignment. Gather at the table, and use the suggested questions to get a discussion about mealtimes and relationships:
- Who do you most enjoy sharing meals with? What do you talk about while you eat? What happens when you share a meal with people you don't like?

**Additional Stretching Exercises** – It is important to stretch before you exercise. Bending, twisting and stretching your muscles will keep them flexible. Try these stretches; hold each of them for about 20 seconds.

#### Thigh Stretch

1. Reach back & grab your left foot with your left hand.

2. Slowly pull your leg back so that your knee moves away from your body.
3. Feel the stretch in the front of your leg.
4. Repeat with your right leg

Back of thigh stretch

1. Place your hand under your left knee
2. Pull your leg up
3. You should feel a stretch down the back of your leg & your lower back
4. Repeat this stretch with your right leg

Calf Stretch

1. Lean against a wall with your left leg behind you
2. Keep your right knee slightly bent
3. Lean forward until you feel a stretch in your calf
4. Repeat with your right leg

Chest & Shoulder Stretch

1. Bring both arms behind you with your fingers together
2. Straighten your arms
3. Lift your chest up

V-Sit

1. Sit on the floor and make your legs into a “V”
2. Reach over & try to touch your right toes. Your knees can be slightly bent.
3. Then try to reach your left toes. Make sure not to bounce.
4. Now lean forward and stretch your arms out in front of you.

Back Stretch

1. Lie on your back
2. Bend your knees and bring them up to your chest

**Sample of Training Chart for 10-week plan for a 5K**

<b>Week Number</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
1	<b>Run/Walk 10 minutes total:</b> (Run 1 minute, Walk 1 minute) x 5	Walk 5 minutes	<b>Run/Walk 16 minutes total:</b> (Run 1 minute, Walk 1 minute) x 8	Walk 10 minutes	<b>Day Off</b>	<b>Run/Walk 20 minutes total:</b> (Run 1 minute, Walk 1 minute) x 10	<b>Day Off</b>

2	<b>Run/Walk 20 minutes total:</b> (Run 1 minute, Walk 1 minute) x 10	Walk 10 minutes	<b>Run/Walk 24 minutes total:</b> (Run 1 minute, Walk 1 minute) x 12	Walk 15 minutes	<b>Day Off</b>	<b>Run/Walk 30 minutes total:</b> (Run 1 minute, Walk 1 minute) x 15	<b>Day Off</b>
3	<b>Run/Walk 18 minutes total:</b> (Run 2 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 10 sit-ups	<b>Run/Walk 24 minutes total:</b> (Run 2 minutes, Walk 1 minute) x 8	Walk 15 minutes and do 15 sit-ups	<b>Day Off</b>	<b>Run/Walk 30 minutes total:</b> (Run 2 minutes, Walk 1 minute) x 10	<b>Day Off</b>
4	<b>Run/Walk 20 minutes total:</b> (Run 3 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 20 sit-ups	<b>Run/Walk 24 minutes total:</b> (Run 3 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 25 sit-ups	<b>Day Off</b>	<b>Run/Walk 32 minutes total:</b> (Run 3 minutes, Walk 1 minute) x 8	<b>Day Off</b>
5	<b>Run/Walk 15 minutes total:</b> (Run 4 minute, Walk 1 minute) x 3	Walk 15 minutes and do 30 sit-ups	<b>Run/Walk 20 minutes total:</b> (Run 4 minute, Walk 1 minute) x 4	Walk 15 minutes and do 35 sit-ups	<b>Day Off</b>	<b>Run/Walk 25-30 minutes total:</b> (Run 4 minute, Walk 1 minute) x 5 or 6	<b>Day Off</b>
6	<b>Run 10 minutes steady immediately followed by walking 10 minutes steady</b>	Walk 15 minutes and do 40 sit-ups	<b>Run 12 to 25 minutes steady immediately followed by walking 12 to 15 minutes steady</b>	Walk 15 minutes and do 45 sit-ups	<b>Day Off</b>	<b>Run/Walk 30-35 minutes total:</b> (Run 4 minutes, Walk 1 minute) x 6 or 7	<b>Day Off</b>
7	<b>Run/Walk 24 minutes total:</b> (Run 5	Walk 15 minutes and do	<b>Run/Walk 30 minutes total:</b> (Run 5	Walk 15 minutes	<b>Day</b>	<b>Run/Walk 36 to 42 minutes total:</b> (Run 5	<b>Day</b>

