



CADETTE 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!

Session 1a: Training "Let's get it started!"

- Warm up 5- minute walk
- Run for 60 seconds and walk for a total of 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)
- Report out on pedometer or lap counter bands.
*Make sure girls have water bottles/take water breaks! *

Session 1b: Beneath the Surface aMAZE Journey

- Materials:
Beach ball, permanent marker, masking tape

Inflate the beach ball, write questions on the beach ball and use masking tape to cover questions. Toss the ball around and have girls answer questions in a circle.

Sample Questions:

- Something obvious about me is...
- Only a few other people know that I...
- My biggest fear is...
- Two words people use to describe me are...
- A song that always makes me happy is...
- My family made me proud when...
- The first thing I notice about someone new is...
- The nicest thing someone has ever done for is...

Start by answering a question, and then have the girls take the lead. After every girl has had a turn, start a conversation about first impressions.

Suggested Questions:

- How accurate do you think your first impressions are when meeting people for the first time?
- What do you base your first impression?
- When have you had a completely wrong first impression of someone, and what changed your mind?

Session 2a: Life is a maze! – aMAZE Journey

- Working in small groups 3- 4 girls – have girls introduce themselves to each other & say something about themselves, favorite thing to do with their free time, favorite food, etc., if with girls they already know each other try to encourage them to share something new about themselves. – 5 minutes
 - Give groups sheet of paper & markers ask them to create a maze of their own – then have them brainstorm and fill in the maze showing how their lives are like a maze both the challenges and positives using sketches, text bubbles etc. who do you count on – things that hurt your feelings – how does bullying affect you, are you sometimes a bully – who & what do you sometimes text about or talk about online – where does your friends/family fit in – where do you see yourself going – getting there. As they finish up ask them to think of a slogan that completes the following: **Our lives are like a maze because...**

- Bring groups back together invite each group to present their maze and slogan- Pose the following question how can we as a team navigate through our relationships to be positive and supportive to train and complete the Girl Running the World Daisy Dash & 5K?

Session 2b: “Just Do it!”

- 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)
- Report out on pedometers/lap band counters & record miles logged.
- Discuss: Where can we map out a running route for our group? (Indoors, outdoors, etc.)

Session 3a: “Building up and Tearing Down”

- Materials: A large piece of paper(s) (Enough to trace an outline of a person), markers, masking tape.
- Pick a girl to trace the outline of her figure on the paper.
- Have each girl take a turn and say something negative they have said about someone or someone has sad about them. Have them tear a piece of the figure
- Have each girl take a turn and say something positive about themselves or another girl the room. Have them take their torn piece of paper and tape it back to the original figure.
- Discuss the figure’s current state. Are there gaps? Does she look the same? Have a discussion about the gap, as scars of the nasty words and comments said. Do we remember the negative comments said about us more, or the positive ones? Do you think the mean things you may have said have stayed with that person? It is easier to say mean things online rather than face to face?

Session 3b: “Gonna Fly Now”

- 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 5 minutes
- Walk for 2 minutes
- Jo g for 3 minutes
- Walk for 90 seconds
- Jog for 5 minutes
- 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 the most favorite place, and picture themselves there. (Do this exercise for 8-10 minutes.)
- Record miles from pedometer/lap band counter in log. Set a goal: How many miles can we log together a group. Pick a destination. Example: Albany to New York City is 154 miles; Albany to Walt Disney World is 1,236 miles.

Session 4a: Food Forage

- Take a trip the grocery store(s) Wal-Mart vs. Price Chopper /Hannaford /Fresh Market
- Have the girls look around the store and give them the following questions to ask:
What were the top three tasty-looking fruits or vegetables?

What fruits looked not so tasty/ready to eat?

Did you find anything organic?

Did you find anything grown in this state? What?

Have each girl purchase a fresh fruit or vegetable from two different stores (Price Chopper/Wal-Mart)

Compare: Price, Taste and label. Does organic taste different? Which is the most expensive? Which is the most locally grown?

Wrap up: Think about your favorite food. Research: where does it come from?

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 break and report out on lap bands/pedometers
- Log miles in journal
- Watch an inspiring video to encourage girls on their progress:

<http://www.youtube.com/watch?v=8SbXgQqbOoU> (My 120-pound journey)

Session 5a: Iron Chef

- Materials: Milk, eggs, water, oil, salt & pepper, sugar, and any other basic optimal ingredients, and the “secret” ingredient: which be a fresh locally grown ingredient
- Break girls into teams of 2 or 3 and identify 2-3 girls to be the judges.
- Give teams each the basic ingredients and reveal the “secret ingredient” Set aside 20 minutes for each team to prepare their creations.
- When the food is ready, talk to each group about their creations: What is it called? How was it prepared? How did work together as a team? Did you have any issues you needed to resolve?
- Have the judges taste the creations and select the winner.
- Wrap up: When there isn’t a lot time to make something at home, be creative and make something that is healthy & tasty too. Look at home; see what you have in your fridge.

Session 5b: “Girls Run the World”

- Stretches: (hamstring, quad & finger to toe stretches)
- Warm up 5-minute walk
- Jog for 8 minutes

- Walk for 5 minutes
- Jog for 8 minutes
- Water break
- Report out on lap bands/pedometers & record in journals.
- Cool down: Put on relaxing music and practice basic yoga postures & breathing techniques
- 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.
- 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.
- 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: Unmasking Media Stereotypes

Materials: Computer, magazines geared toward women and neutral magazine/geared toward men.

- Discuss reactions to different magazines, online research and enhance the discussion with the following questions:
What defines beautiful to you?

Do you often see people in the “real world” that look like the models in ads, movies and videos?

Do you try your best to look a certain way? Is that what you want are or what you see around you?

- Break girls into groups of 2-3 have them look at two different types of magazines for a period 10-15 minutes.
What types of girls were in the magazines? (Body type; make up, how they were dressed)

Were there different types of girls in the different magazines?

What did they have in common?

Have you seen women/girls in the “real world” who look like the girls in the magazines?

Do you hope to be like one of the girls in the magazine?

Is this a fair representation of girls?

Session 6b: “Respect”

- Warm up stretches (quad, hamstring, neck stretches)
- 5-minute warm up walk
- Jog for 5 minutes
- Walk for 3 minutes
- Jog for 8 minutes
- Walk for 3 minutes
- Jog for 5 minutes
- Water break and report out on pedometer/lap band counters
- Cool down: Repeat the following stretches three times:
Wall Push up: Stand about three feet from a wall, feet at shoulder width 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.

- How far have you made it towards your current goal toward your chosen destination? (Have each girl report out their total miles, and add up current miles)

Session 7a: Finding your Frequency

- Materials: Pen & paper and blank CDs.
- Discuss how music makes us feel, sets a mood (Play a particularly upbeat song example: Black Eyed Pea "I Gotta Feeling" and then play a slow or sad song example: John Lennon "Imagine") did each song put them in a certain mood? Can music inspire us? What are some of your favorite songs?
- Have the girls write a playlist of "Soundtrack of their lives" (2-3 songs from each category)
Song that make you smile

Songs for when you need a good cry

Songs reminding you of someone special

Songs for when you want to dance

Favorite songs for when you were younger

Songs that help you relax

Exchange your list with another girl & add them to your playlist if you have an iPod or MP3 player. Music can be a great stress buster, and motivator! What songs would you pick on your Year of the Girl Race playlist?

Session 7b: "Unlimited"

- 5- minute warm up walk
- Jog for 20 minutes without stopping
- Cool down stretches: Quad Stretches, Groin Stretches, Hamstring Stretches

- Have the group decide which cool down tactic they'd like to do: Yoga, Visualizing, Cool down walk
- Report out on lap bands/pedometers

Session 8a: All in the Mall

- Plan a field trip to the mall-but with a purpose! Pick three stores that market to young women.
- Ask the girls to browse the stores and arm them with the following questions to record as they look through the stores:
 - What types of products are they selling?
 - What sizes are the easiest to find?
 - Which sizes are the most difficult?
 - What do they body types on the models look like?
 - What types of posters/ads are on the wall?
 - Do the clothes in the store the same that are on TV?
 - What was the most popular item in the store?
 - Who determines what's "in" and what's not?

*Have an informal discussion about the answers to these questions at the food court, and talk about how media is an influence over what we buy, and the pressure to look a certain way.

Session 8b: "I Will Survive"

- Brisk 5-minute warm up walk
- Jog for 22 minutes, without stopping
- Cool down 5-minute walk, and complete stretches
- Water break, report out on pedometer/lap band counters
- Assign have the girls determine running buddies to keep motivated on race day (Try to keep it with girls who can keep pace with each other)

Session 9a: Where do you stand? aMAZE Journey

- Materials: Masking tape, sharpie marker, 3 pieces of paper
- With the masking tape, mark a line down the center of the room. On one end, put a piece of paper on the floor with the number 10. On the other end put a 1. In the middle, mark a 5.
- Tell the girls you are going to read a few scenarios, and after the scenarios, to stand on 10 if they think it's ok, stand on the number 1, if they don't think it's ok, and stand on number 5 if they are on the fence. After each scenario, have a discussion of why they chose their number. Here are a few sample scenarios:
 - You can watch a movie at a friend's house (or elsewhere) that your parents would never let you watch at home.
 - Sometimes you have to skip the fun stuff going on to get homework done.
 - You need to try out for a team sport or cheerleading, because everyone does.
 - I'd cancel plans with my friend if my crush asked me out at the last minute.
 - If you're jealous of someone, it's OK to be mean to her, as long as you aren't physically violent.
 - You can say whatever you want online. It doesn't matter.
 - Sometimes you just have to stop hanging out with some girls because they aren't cool anymore.

Follow up questions:

- Which scenarios really made an impression on you? Explain
- Does standing up for what you believe in make you feel like a leader? Why or why not?

Session 9b: “Boom Boom Pow!”

- 5-minute warm up walk
- Jog for 27 minutes, without stopping
- 5-minute cool down walk & stretches
- Water break and report out on pedometer/lap band counters
- How far are we in our group goal of miles logged? Only one more week of training left!
- Suggested cool down activity: Yoga poses in Session 5b with relaxing music.

Session 10a: “The End”

- 5-minute warm up walk
- Jog for 30 minutes! Without stopping
- 5-minute cool down walk & stretches
- Water break and report on pedometer/lap band counters
- Did we reach our group goal for miles logged?
- Assign small groups to run together, having an adult leading the group throughout the run, the other bringing up the rear
- 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 Girl 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 of 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?

Pedometers – Pedometers – Most drugstores, any sporting goods store and stores like Walmart & Target sell pedometers. They range in cost from \$5.00 - \$90.00 in most stores. To maintain better health, it is recommended to walk 10,000 steps a day.

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

Week Number	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Run/Walk 10 minutes total: (Run 1 minute, Walk 1 minute) x 5	Walk 5 minutes	Run/Walk 16 minutes total: (Run 1 minute, Walk 1 minute) x 8	Walk 10 minutes	Day Off	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Day Off
2	Run/Walk 20 minutes total: (Run 1 minute, Walk 1 minute) x 10	Walk 10 minutes	Run/Walk 24 minutes total: (Run 1 minute, Walk 1 minute) x 12	Walk 15 minutes	Day Off	Run/Walk 30 minutes total: (Run 1 minute, Walk 1 minute) x 15	Day Off
3	Run/Walk 18 minutes total: (Run 2 minutes,	Walk 15 minutes and do	Run/Walk 24 minutes total: (Run 2 minutes,	Walk 15 minutes	Day Off	Run/Walk 30 minutes total: (Run 2	Day Off

	Walk 1 minute) x 6	10 sit-ups	Walk 1 minute) x 8	and do 15 sit-ups		minutes, Walk 1 minute) x 10	
4	Run/Walk 20 minutes total: (Run 3 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 20 sit-ups	Run/Walk 24 minutes total: (Run 3 minutes, Walk 1 minute) x 6	Walk 15 minutes and do 25 sit-ups	Day Off	Run/Walk 32 minutes total: (Run 3 minutes, Walk 1 minute) x 8	Day Off
5	Run/Walk 15 minutes total: (Run 4 minute, Walk 1 minute) x 3	Walk 15 minutes and do 30 sit-ups	Run/Walk 20 minutes total: (Run 4 minute, Walk 1 minute) x 4	Walk 15 minutes and do 35 sit-ups	Day Off	Run/Walk 25-30 minutes total: (Run 4 minute, Walk 1 minute) x 5 or 6	Day Off
6	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 40 sit-ups	Run 12 to 25 minutes steady immediately followed by walking 12 to 15 minutes steady	Walk 15 minutes and do 45 sit-ups	Day Off	Run/Walk 30-35 minutes total: (Run 4 minutes, Walk 1 minute) x 6 or 7	Day Off
7	Run/Walk 24 minutes total: (Run 5 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Run/Walk 30 minutes total: (Run 5 minutes, Walk 1 minute) x 5	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 36 to 42 minutes total: (Run 5 minutes, Walk 1 minute) x 6 or 7	Day Off
8	Run/Walk 21 minutes total: (Run 6 minutes,	Walk 15 minutes and do	Run/Walk 28 minutes total: (Run 6 minutes,	Walk 15 minutes and do	Day Off	Run/Walk 42 minutes total: (Run 6	Day Off

	Walk 1 minute) x 3	50 sit-ups	Walk 1 minute) x 4	50 sit-ups		minutes, Walk 1 minute) x 6	
9	Run 10 minutes steady immediately followed by walking 10 minutes steady	Walk 15 minutes and do 50 sit-ups	Run 15 minutes steady immediately followed by walking 15 minutes steady	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 48 minutes total: (Run 7 minutes, Walk 1 minute) x 6	Day Off
10	Run/Walk 18 minutes total: (Run 8 minutes, Walk 1 minute) x 2	Walk 15 minutes and do 50 sit-ups	Run/Walk 27 minutes total: (Run 8 minutes, Walk 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Day Off	Walk 15 minutes and do 10 sit-ups	Event: Run or Run/Walk