



SENIOR/AMBASSADOR 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!

Check out *Girls Guide to Girl Scouting for Seniors and Ambassadors!* Some of the sessions in the training guide may correspond to the Cross Training & Coaching Badges. You may also choose to earn the Coaching Badge and incorporate it to help a younger Troop in your Community to reach their training goals to complete the GSNENY Family Fun 5K and Dashing Daisies.

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: What’s Your Goal!!

Of course, your goal is to complete the 5K but is there more to it than that! Are you working towards a healthier & fit lifestyle by beginning a cross-training program that you could continue throughout your life for stress relief and to keep your heart healthy? Here are some tips and things you can do to get you started on your way.

- Check in with a local fitness center to see if they are willing to give you a free fitness evaluation. Sometimes a smaller gym may have materials on different fitness plans they offer that you could look at to research and could incorporate in your training plan.
- Check out the Presidential Youth Fitness Program <https://pyfp.org/> look at the materials and guides that they have that can help you. Take the Physical Fitness Test and record your results. Midway through your training for the Family Fun 5K and Dashing Daisies then retake the test to find if the results are any better. At the end of your training take the test again to find how far you’ve gone.

Session 2a: Motivation!!!!

Create a journal where you can chart your progress, you can write your own poetry, use pictures of athletes who inspire you, sketch where you run, healthy recipes you find along the way, etc. At the end of each training session record what you did and for how long and how you felt afterwards.

You can also choose to find a troop in your community that is participating in the run. Sometimes it is great to have the opportunity to work with younger girls to inspire them and teach them about your training plan and goals to help them along the way. They can be great training partners don’t forget adults in your life might be interested in training with you to reach your goals.

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: What’s your Mantra?

Reflect on what you want to get out of training for the run. Then talk to friends, adults in your life, coaches you know or others who can help you create your personal statement to help you reach your goal. Post it in places where you can use it as a visual to remind you, add a picture of your favorite athlete and remember to also include it in your journal.

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
- Jog 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: Cardio Kick

Cardio elements get your body moving, increase your heart rate and train your muscles in a way that they use oxygen more efficiently and add more fun to your training.

You can choose your favorite sport like basketball or tennis. If you love to bike, dance or swim add an additional training like these before you begin the next session.

Session 4b: “Eye of the Tiger”

- Pick an 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=8SbXgOqbOoU> (My 120-pound journey)

Session 5a: Iron Chef - *Sow What* Journey

- Materials: Milk, eggs, water, oil, salt & pepper, sugar, and any other basic optimal ingredients, and the “secret” ingredient: which should be a fresh locally grown ingredient
- If being done as a troop, break girls into teams of 2 or 3 and identify 2-3 girls to be the judges.
- Give each team 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/parents taste the creations and select winners.
- 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, videos and advertisements geared toward women and neutral magazine/geared toward men.

- Discuss reactions to these types of media and enhance the discussion with the following questions:

What defines beautiful to you?

Does the finished model represent beauty to you?

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

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? Report in your journal 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 if training as a troop& 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 Girls Running the World Daisy Dash and 5K 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! Remember to bring your journal with you. Pick three stores that market to young women.
- Browse the stores and think about the following questions to record as you 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?

*Note in your journal the answers to these questions. Remember to comment how media is an influence over what we buy, and the pressures on us 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: Local or Not?

- Set-up an interview with a local grocery store manager to learn more about the source of the produce and other fresh items which they carry. Do they come from local sources or from far away and how are shipments received? Afterwards, try to estimate how far and what the cost of delivering food to your/our table is and how purchasing locally can help our environment and freshness when in season. Pages 12 to 19 of the *Sow What* Journey can help you with this.
- While still at the store check out the following:

What are 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?

Choose a fresh fruit or vegetable to purchase and also purchase the same item labeled “organic”.

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 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 I reach my goal or did our group reach their 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

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/ 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: 500mlmilk,5eggs, beaten, 15mlground cinnamon or mixed spice, pinch of salt,10thick slices of milk loaf or challah bread, 125mloil, 75g 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 or whole grain pasta!

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

Pedometers – Most drugstores, any sporting goods store and stores like Walmart & Target sell pedometers the 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 1 minute) x 6	Walk 15 minutes and do 10 sit-ups	Run/Walk 24 minutes total: (Run 2 minutes, Walk 1 minute) x 8	Walk 15 minutes and do 15 sit-ups	Day Off	Run/Walk 30 minutes total: (Run 2 minutes, Walk 1 minute) x 10	Day Off
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	Walk 15 minutes and do	Run 12 to 25 minutes steady immediately followed by	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

	walking 10 minutes steady	40 sit-ups	walking 12 to 15 minutes steady				
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 1 minute) x 3	Walk 15 minutes and do 50 sit-ups	Run/Walk 28 minutes total: (Run 6 minutes, Walk 1 minute) x 4	Walk 15 minutes and do 50 sit-ups	Day Off	Run/Walk 42 minutes total: (Run 6 minutes, Walk 1 minute) x 6	Day Off
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