

NOTES:

About This Guide

Thank you so much for entrusting our staff and volunteers with a very important girl who is close to your heart. The mission of Heart & Sole is to inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Over the next few months, program participants will learn what it means to be strong, confident and connected, and by the conclusion of the program, the girls will be physically and emotionally prepared to complete a 5k run with their teammates. The girls will learn important skills to see them through adolescence and beyond. The finish line is just the beginning, however, as our ultimate goal is to provide the girls with tools and resources that will serve them well for a lifetime.

ABOUT HEART & SOLE

It is our true privilege to mentor, support and inspire the girls in the program.

All Heart & Sole volunteer coaches are trained and certified to teach the formal curriculum which incorporates experiential lessons that build confidence and emotional health. In addition, fun physical activities prepare the girls to complete a 5k run. Over the course of the season girls will develop life skills, known as the 5Cs +1. Girls will develop and improve competence, feel confidence in who they are, develop strength of character, respond to themselves and others with care and compassion, create positive connections with peers and adults, and make meaningful contributions to community and society.

NOTES:

JOIN THE FUN!

To make the Heart & Sole experience even more meaningful, consider training to run with your girl in the end-of-season 5k event. Every girl runs the 3.1 miles with a “running buddy” who provides encouragement and support along the course. We strongly encourage parents and caregivers to serve in this capacity. If you have never run or walked a 5k before, there is plenty of time to prepare! We have included a 5k training plan at the end of this guide that provides easy instructions on how to train over the next 10 weeks to successfully run or walk in the 5k. The plans are customized for a variety of fitness levels—even if you have never run a step in your life! Take a look and find the one that is best for you. If you are new to running, please talk to a medical professional before getting started.

The best reason to participate in the end of the season 5k with your daughter is the opportunity it provides to spend time training together. (Leave the earbuds and headphones at home!) Walking or jogging together is the perfect time to ask the lesson questions included in this guide. As you both get moving, your moods will become elevated, which makes it easier to share thoughts, feelings and beliefs. You may reach a level of communication you have never experienced before. The important conversations around growing up will reveal themselves when they are free to occur in the space of this time together.

Remember that the key to staying active is to have fun with it! You can run, walk, hop, skip or jump—just keep moving. Ready, set, GO!

LESSON 1: YOU ARE HERE

The Big Idea of the first lesson in the curriculum is that becoming a team takes time, effort and support.

Through activities, the girls get to know one another and their coaches, get familiar with Heart & Sole and identify their personal areas of strength and challenge. The team establishes their group expectations so that they can ensure everyone has an enjoyable, safe and supportive season. They choose cards and share something about themselves from different parts of the Girl Wheel Body, Brain, Heart, Spirit and Social.

After their first workout, where they are encouraged to give their very best effort, the girls record their effort, thoughts and feeling in their Journal. This is where they will track their goals and progress each week toward completing the 5k race, a goal they will complete as a team.

At the end of each lesson the girls are given a challenge that will help them use the concepts and skills learned in Heart & Sole at home, school and in their communities. Their Take Home Challenge for this lesson is to share about the Girl Wheel and what they learned about Heart & Sole.

Questions & Conversation Starters:

1. Tell me about your coaches.
2. What is the Girl Wheel?
3. What did you learn about yourself during the Girl Wheel card Activity? About one of your teammates?
4. What group expectations did the team create? Why do you think these are important?
5. Why do you think becoming a team will take time, effort and support? (Share an example from your life.)

LESSON 2: MY GIRL WHEEL

The Big Idea of Lesson 2 is that self-awareness can help us grow.

In the Activity, the girls make an initial self-assessment of how ready they are for the physical and emotional challenges they will face over the season. For the Workout, the girls run/jog with a teammate to discuss their hopes for the season and where they'd like to grow.

Last, they put together the Girl Wheel puzzle and identify personal examples for all parts of the Wheel: Body, Brain, Heart, Spirit and Social. The Wheel is a central concept of Heart & Sole. It represents living a balanced life, and it helps the girls learn to identify personal goals and emotions, as well as learn to understand and empathize with others.

Their Take Home Challenge for this lesson is to set a goal they'd like to achieve by the end of the season, considering all parts of the Girl Wheel.

Questions & Conversation Starters:

1. What do the different parts of the Girl Wheel mean (Body, Brain, Heart, Spirit and Social)?
2. When you did the growth Activity, what did you learn about yourself?
3. Do you feel you have strengths in some parts of the Wheel more than others right now? Why do you think that is?
4. What is self-awareness? (Knowing about your strengths and areas for growth.) How do you think the Girl Wheel can help with self-awareness?
5. Tell me about your Take Home Challenge.

LESSON 3: REACHING MY GOALS

The Big Idea of Lesson 3 is that making plans helps us reach our goals.

The girls share their goals from Lesson 2's Take Home Challenge and work together to make them a reality through collaborative scenarios. In particular, they are learning to put specificity and steps behind their goals to accomplish them. In the Workout, they set their first lap goals and learn that tracking their progress can help with confidence and accountability. This is how they will document their effort toward their goal in their Journal.

Their Take Home Challenge for this lesson is to share with someone at home the goal they set and set another goal for the season and make a specific plan for achieving it.

Questions & Conversation Starters:

1. Tell me about the goal setting activity.
2. How can setting goals help with reaching dreams?
3. Why do you need steps when you set a goal? Let's try to come up with some examples together.
4. What was it like set and record your first lap goal? How did you record your effort?
5. Tell me about your Take Home Challenge.

RUN-WALK WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 3 minute - Walk 2 minutes - repeat sequence 8 times for a total of 40 minutes. Cool-down walking 5 minutes at an easy pace.

RUN WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a "conversational pace" at an iRate level of 6-7 or if you are using a heart rate monitor at 65-75% of maximum heart rate. Cool-down walking 5 minutes at an easy pace.

SPEED "A" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the following 5 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "B" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 5 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "C" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 5 minutes at an easy pace. Then Repeat the Following 6 times: Run two minutes hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 2 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the two-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

SPEED "D" WORKOUT: Warm-up walking 5 minutes at a brisk pace. Run 10 minutes at an easy pace. Then Repeat the Following 4 times: Run one minute hard at 85-90% heart rate or 8-9 on I-Rate Scale followed by running 3 minutes at an easy pace to recover. It is key to be disciplined and run the easy segments easy. Otherwise the quality of your running and progressing is compromised. After the one-minute repeats, cool down running 5 minutes easy followed by 5 minutes walking easy.

TRAINING SCHEDULE KEY TERMS

WARM-UP: 5 minutes at an easy pace prior to every workout.

COOL-DOWN: Walking 5 minutes at an easy pace after every workout to gradually bring heart rate and breathing back to normal levels.

FLEXIBILITY: Stretch after every workout when the muscles are warm to maintain or improve flexibility and prevent injuries.

HEART RATE: Using a heart monitor maintain a range between the prescribed percentages...65-75% of estimated maximum heart rate.

I-RATE: Rate of perceived exertion. Rate your level of intensity by how you feel, 1-10. 1 being at rest and 10- being an all out level. Use this system to stay in the smart training range listed on the training program (i.e. 6-7)

CROSS-TRAINING: Include activities that are non walking. Cycling, swimming, pilates/ yoga, strength training, elliptical trainer, stairmaster, spinning are great cross training modes for training. Cross-training allows you to actively rest your walking muscles while training opposing muscle groups and reducing the risk of overtraining and injury. It helps speed recovery and reduces burnout. Heart rate zone of 75-80% of maximum or I-Rate of 7-8.

STRENGTH-TRAINING (ST):Strength train with machines, weights, resistance tubes/ bands or classes like pilates, toning or yoga. Include strength training exercises for your upper body, core (abdominal and trunk) and lower body.

EASY PACE: Walk at an easy pace at 70-75% of maximum heart rate or an iRate level of 7+.

CONVERSATIONAL PACE: Conversational pace should be at a slow, and comfortable-conversational pace. You should be at a pace where you can hold a conversation easily. Heart rate zone of 65-75% of maximum or I-Rate of 6-7.5. Note: Heart rate will gradually climb due to fatigue and dehydration. Allow for a 5% increase and max heart rate of 75% of maximum rather than slowing pace to stay within zone.

MODERATE PACE: Moderate pace at 75-80% of maximum heart rate or an iRate level of 7-8. A pace where you can hear your breathing, but not breathing hard.

PICK-UPS: Run the workout at an easy pace and include 3-4 short, 30-60 second “pick-ups” within the run. Pick up your pace to a challenging pace where you can hear your breathing and it feels just outside your comfort zone.

WALK-RUN WORKOUT: Warm-up by walking 5 minutes at a brisk pace. Run at a pace that you can still talk or a “conversational pace” for prescribed number of minutes and follow with walking at a brisk pace for prescribed minutes. Example: Run 2 minute - Walk 2 minutes - repeat sequence 10 times for a total of 40 minutes. Cool-down by walking 5 minutes at an easy pace.

LESSON 4: MAKING CONNECTIONS

In today’s lesson, the Big Idea is that our similarities and uniqueness make us a strong team.

The girls get to know one another better through an activity called the Paper Shuffle, where they collaborate as a team to solve a problem, and use Connection Cards that help them share things about themselves with their teammates. Overall, they are beginning to find commonalities among the team and also finding what makes each one of them special. This helps them build trust with one another.

The Take Home Challenge is to use their Connection Card to make a connection with someone at home and to expand the Social part of their Girl Wheel.

Questions & Conversation Starters:

1. What did you learn about yourself today?
2. Tell me about the Paper Shuffle?
3. What did you learn about yourself during the Paper Shuffle? What did you learn about your teammates?
4. What makes you unique? What do you think makes me unique?
5. Did you reach your lap goal today? (Remember to focus on personal improvement, effort and goal setting.)

LESSON 5: OVERCOMING OBSTACLES

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 4 TIMES PER WEEK FOR 40-50 MINUTES FOR AT LEAST 1 YEAR]

The Big Idea of today’s lesson is we can use our strengths and supports to overcome obstacles.

The girls engage in a Workout which presents them with challenges and strengths and supports during which they have to make choices about how they will respond. At the end of the lesson, the girls reflect in their journal about their own strengths and supports that they feel can help them when they face internal and external obstacles in the present and future. They also share in what areas of their Wheel they feel they might need more support when obstacles come their way.

The Take Home Challenge is to ask someone about how he or she reached an important goal and what obstacles they had to overcome and what strengths and supports they used.

Questions & Conversation Starters:

1. What is an obstacle? A strength and support?
2. How did you deal with obstacles during the game? Would you like to change your response in the future?
3. Would you like to share some of the obstacles you wrote about in your journal? (Share some examples of obstacles from your own life and how you overcame them.)
4. Let’s talk about some strengths and supports we have in our our Girl Wheel (Body, Brain, Heart, Spirit and Social).
5. What was your favorite part of practice today?

Thursday Cross-Train or Rest Moderate 7	Friday Run Conversational Pace 6-7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
30-45 minutes	40 minutes	60 minutes	Rest
30-45 minutes	40 minutes	50 minutes	Rest
30-45 minutes	40 minutes	60 minutes	Rest
30-45 minutes	40 minutes	45 minutes	Rest
Rest	30 minutes	5K Race	Rest

ADVANCED 5K RUN

LESSON 6: PRESS PAUSE

DAY MODE INTENSITY i-RATE SCALE	Monday Run Moderate 7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run Hard 8+
WEEK 1	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 2	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 3	40 minutes	30-45 minutes	45 minutes *Pick-ups
WEEK 4	45 minutes	30-45 minutes	45 minutes *Speed A Workout
WEEK 5	45 minutes	30-45 minutes	45 minutes *Speed A Workout
WEEK 6	45 minutes	30-45 minutes	45 minutes *Speed B Workout
WEEK 7	45 minutes	30-45 minutes	45 minutes *Speed B Workout
WEEK 8	45 minutes	30-45 minutes	45 minutes *Speed C Workout
WEEK 9	45 minutes	30-45 minutes	45 minutes *Speed C Workout
WEEK 10	40 minutes	Rest	40 minutes *Speed D Workout

The Big Idea for today is pressing pause can help us know how to best move forward.

Pressing pause is an important skills which teaches girls to think before acting. The girls do role plays which give them the opportunity to press pause in a variety of situations and explore the different outcomes. They practice pressing pause during interval training in their Workout. They also learn how to use different pause strategies, such as emotional regulation, self-reflection, new information/insight and intervention to make better decisions.

The Take Home Challenge is to practice pressing pause, especially in situations where they usually don't.

Questions & Conversation Starters:

1. Tell me about the role plays you did today. What did you learn about pressing pause or pause strategies?
2. What did you think of interval training? What did you like best? What was most challenging?
3. Tell me about some of the pause strategies? (See above for examples of pause strategies.)
4. Is there a time you wish you had pressed pause and thought about something before acting? (Share an example with her from your own life.)
5. Are there times we can press pause more at home more? Brainstorm some ideas together.

LESSON 7: STRONG

[BEST SUITED FOR THOSE WHO HAVE BEEN RUNNING AT LEAST 2-3 TIMES PER WEEK FOR 20-30 MINUTES FOR AT LEAST 4 MONTHS]

Today’s Big Idea is that healthy self-confidence makes us stronger.

In the Activity, the girls agree or disagree with different statements about self-confidence and learn to connect those ideas to their Girl Wheel. During the Workout, they learn new strategies for strengthening self-confidence and evaluate whether or not they would try them out. This lesson offers an excellent opportunity for parents/caregivers to discuss the idea that self-confidence develops from a variety of sources, both internal and external, and can be strengthened.

The Take Home Challenge is to practice some of the new self-confidence strategies at home.

Questions & Conversation Starters:

1. What are some things you learned about healthy self-confidence today? (Doing something you thought you couldn’t can build your self-confidence; your quality of friends, not quantity, can help with your self-confidence; everyone makes mistakes; negative self-talk and positive self-talk can affect your self-confidence.)
2. What parts of your Girl Wheel did you say you were already strong in? (Share some of your own areas of strength with her.)
3. What are some good decisions you’ve made because of your healthy self-confidence? (Share one or two of your own with her.)
4. How did you get strong in these areas? How do you stay strong in these areas?
5. What are some strategies you learned today that we can try out at home to strengthen our self-confidence?

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run Conversational Pace 6-7	Sunday Rest Day
Rest	30-40 minutes	30 minutes	Rest
Rest	30-40 minutes	30 minutes	Rest
Rest	30-40 minutes	35 minutes	Rest
Rest	30-40 minutes	35 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	Rest	5K Race	Rest

5K RUN

DAY MODE INTENSITY i-RATE SCALE	Monday Run Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run -PickUps* Conversational Pace : 6-7
WEEK 1	25 minutes	30-40 minutes	25 minutes
WEEK 2	25 minutes	30-40 minutes	25 minutes
WEEK 3	25 minutes	30-40 minutes	30 minutes
WEEK 4	30 minutes	30-40 minutes	30 minutes *Pick Ups
WEEK 5	30 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 6	35 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 7	35 minutes	30-40 minutes	40 minutes *Pick Ups
WEEK 8	40 minutes	30-40 minutes	40 minutes *Pick Ups
WEEK 9	40 minutes	30-40 minutes	35 minutes *Pick Ups
WEEK 10	35 minutes	Rest	30 minutes *Pick Ups

LESSON 8: CHALLENGE AND STRENGTH

The Big Idea for today is that challenges build strength and strength builds confidence.

In this lesson the girls stretch themselves personally and physically in a supportive environment. The girls revisit an activity from Lesson 1 to see if they can challenge themselves. In the Workout, the girls complete a challenging group-paced run. In the Journal, the girls reflect on some inspiring photos which show a variety of images of strength and challenge and decide which motivates them personally.

The Take Home Challenge is to look for examples of challenge and strength in their lives and to look for opportunities to challenge themselves in new and positive ways.

Questions & Conversation Starters:

1. Tell me about the group run. What made it challenging? What made it rewarding?
2. Tell me about some of the photos from your journal. What photo did you choose to write about? Why did you pick that one?
3. How do you think we can help each other stretch ourselves at home?
4. Why do you think it's important to practice the skills that keep our self-confidence high? (Share with her some reasons you think it's important.)
5. Tell me about your Take Home Challenge. (Share examples with her from your own life.)

LESSON 9: OTHER PEOPLE'S WHEELS

[BEST SUITED FOR FIRST-TIME 5K PARTICIPANTS AND THOSE WHO RUN OCCASIONALLY OR RUNNERS WHO WERE INJURED AND GETTING BACK INTO IT]

The Big Idea for today is that we all face challenges.

In the Activity, the girls learn about how they respond to others and challenges when working toward a group goal. In the Workout, they collaborate in pairs to complete a challenging course which requires them to be empathetic toward themselves and their partners. In the Journal, the girls delve further into the topic of empathy and think about how they can tell if another person is struggling in her Wheel and how they could begin to offer some help.

The Take Home Challenge is to try to be more aware of other people's Wheels and help out if they can.

Questions & Conversation Starters:

1. Tell me about the Moonball activity. What did you learn about yourself? Your teammates?
2. Let's talk about how we respond to others who have challenges or who are different from us. (Share an example from your own life as a young adult.)
3. Tell me about the workout today. How did you like the partner challenges?
4. Tell me about the Journal. What did you learn about empathy?
5. How can you tell if people are struggling in their Wheels? What can you do to help?

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Run-Walk Conversational Pace 6-7	Sunday Rest Day
Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Rest	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times	Rest
Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times	Rest
Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Rest	30-40 minutes	40 minutes Run 4 min/Walk 1 min Repeat 8 times	Rest
Rest	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times	Rest
Rest	Rest	5K Race Run/Walk 5/1	Rest

5K RUN-WALK

LESSON 10: SOS

DAY MODE INTENSITY i-RATE SCALE	Monday Run-Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Run-Walk Conversational Pace 6-7
WEEK 1	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times
WEEK 2	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	25 minutes Run 3 min/Walk 2 min Repeat 5 times
WEEK 3	25 minutes Run 3 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times
WEEK 4	30 minutes Run 3 min/Walk 2 min Repeat 6 times	30-40 minutes	30 minutes Run 3 min/Walk 2 min Repeat 6 times
WEEK 5	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	30 minutes Run 4 min/Walk 2 min Repeat 5 times
WEEK 6	30 minutes Run 4 min/Walk 2 min Repeat 5 times	30-40 minutes	36 minutes Run 4 min/Walk 2 min Repeat 6 times
WEEK 7	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times
WEEK 8	36 minutes Run 4 min/Walk 2 min Repeat 6 times	30-40 minutes	35 minutes Run 4 min/Walk 1 min Repeat 7 times
WEEK 9	40 minutes Run 4 min/Walk 1 min Repeat 8 times	30-40 minutes	42 minutes Run 5 min/Walk 1 min Repeat 8 times
WEEK 10	30 minutes Run 5 min/Walk 1 min Repeat 5 times	Rest	30 minutes easy Run 5/Walk 1 Repeat 5 times

The Big Idea for today is that asking for help isn't always easy, but it is important to ask.

In the Activity, the girls give advice to someone who is struggling with asking for help. During the Workout, the girls complete their second interval training, see progression in their speed and strength and consider ways they may need help as they prepare for the practice 5k. In the Journal, they share some obstacles they have experienced which have kept them from asking for help, and they problem-solve solutions as a group.

The Take Home Challenge is to ask for help even when it's difficult.

Questions & Conversation Starters:

1. Why do you think asking for help is difficult sometimes? Why do you think it's important to ask for help?
2. When is a time you asked for help that was difficult? (Share with her an example from your own life.)
3. Tell me about your second interval workout! How did it compare to your first interval workout? (Remember to focus on personal improvement and effort.)
4. What were the obstacles to asking for help you talked about at practice today?
5. What are some ways I can help you when you need it? (Share some ways that you could use help from your Heart & Sole girl at home.)

LESSON 11: SUPPORT

[BEST SUITED FOR THOSE WHO HAVE BEEN WALKING OR EXERCISING REGULARLY 2-3 TIMES PER WEEK FOR AT LEAST 3-4 MONTHS]

Today the girls explore the Big Idea that it's important to have a reliable support system.

In this lesson, the girls understand how to keep their Girl Wheel strong by identifying the kind of support they need in different situations. They learn to identify if they need a Listener, Encourager, Companion or Problem Solver for different situations and talk about why that is so. During the Workout, they complete a supportive partner run. Last, they identify where they have support in their Girl Wheel and where they might need more support.

The Take Home Challenge is to talk to one of the people they identified as a support in their Wheel and tell them why they appreciate them. They can also start gathering support for the areas in the Wheel they identified as needing it.

Questions & Conversation Starters:

1. Why do you think it is important to have a reliable support system? (Share your own thoughts with her.)
2. Let's talk about the different types of supporters. Tell me about each: Listener, Encourager, Companion or Problem Solver.
3. What were some of the situations you talked about in the activity Four Corners of Support?
4. Where did you identify places that you have lots of support in your Girl Wheel? (Body, Brain, Heart, Spirit and Social)
5. Where do you feel you could use more support in your Girl Wheel? How can I help you with that?
6. What are your strengths as a support to others? Listener, Encourager, Companion or Problem Solver? (Share your own strengths with her.)

Thursday Rest Day	Friday Cross-Train or Rest Easy 6-7	Saturday Walk-Run Moderate 7	Sunday Rest Day
Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times	Rest
Rest	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 3 min Repeat 8 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
Rest	30-40 minutes	40 minutes Run 2 min/Walk 2 min Repeat 10 times	Rest
30 minutes	Rest	5K Race Run/Walk 2/2	Rest

5K WALK-RUN

DAY MODE INTENSITY i-RATE SCALE	Monday Walk-Run Moderate 7	Tuesday Cross-Train or Rest Easy 6	Wednesday Walk-Run Moderate 7
WEEK 1	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times
WEEK 2	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	24 minutes Run 1 min/Walk 3 min Repeat 6 times
WEEK 3	24 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 4	28 minutes Run 1 min/Walk 3 min Repeat 6 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 5	28 minutes Run 1 min/Walk 3 min Repeat 7 times	30-40 minutes	28 minutes Run 1 min/Walk 3 min Repeat 7 times
WEEK 6	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	30 minutes Run 2 min/Walk 3 min Repeat 6 times
WEEK 7	30 minutes Run 2 min/Walk 3 min Repeat 6 times	30-40 minutes	35 minutes Run 2 min/Walk 3 min Repeat 7 times
WEEK 8	35 minutes Run 2 min/Walk 3 min Repeat 7 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times
WEEK 9	36 minutes Run 2 min/Walk 2 min Repeat 9 times	30-40 minutes	36 minutes Run 2 min/Walk 2 min Repeat 9 times
WEEK 10	36 minutes Run 2 min/Walk 2 min Repeat 9 times	Rest	32 minutes Run 2 min/Walk 2 min Repeat 8 times

LESSON 12: ASKING FOR AND GIVING HELP

The Big Idea for today is that we can give and get support.

The girls are practicing asking for help and identifying what they offer others in terms of support. Girls act out situations where they ask for and give help to one another. In the Workout, they write about teammates' qualities that make them someone they can go to for support, particularly in different parts of the Girl Wheel. Finally, in the Let's Talk, they share what they wrote about one another, which creates a closer team bond.

The Take Home Challenge is to hang up their paper from the Workout somewhere they can see it regularly so they can be reminded of how others see them.

Questions & Conversation Starters:

1. What were some of the role-play situations you did today? How were they resolved?
2. What makes you someone others can rely upon? Do you want to share with me what some of your teammates wrote?
3. What did you write about some of your teammates? What were their responses to what you or others wrote?
4. Why do you think it's important to share positive feedback with your friends and family? Do you think we could do that with each other more often at home? How? (Share some ideas with her.)
5. What's your Take Home Challenge?

LESSON 13: BEING WITH ME

[BEST SUITED FOR THOSE WHO WANT TO WALK THE 5K OR THOSE WHO HAVE BEEN INACTIVE FOR FOUR OR MORE MONTHS]

The Big Idea for today is that taking care of ourselves is important.

The Workout prompts the girls to reflect on different parts of their Girl Wheel while they run/walk and asks them questions about how well they take care of themselves in those areas. During the Let’s Talk and Journal, the girls have an opportunity to set a self-care goal in each part of the Wheel and identify specific steps to reach that goal.

The Take Home Challenge is to begin working on building a healthier relationship with yourself.

Questions & Conversation Starters:

1. Why is taking care of ourselves important? How do you think it affects our relationships with other people?
2. What were some of the things you learned about building a healthy relationship with yourself during your workout today? Did anything surprise you?
3. Do you think it’s easier to take care of yourself in certain parts of your Wheel more than others? (Body, Brain, Heart, Spirit and Social). Why do you think so? (Share with her your own thoughts.)
4. What were some of the goals you set in your Girl Wheel?
5. How can I help you in building a healthier relationship with yourself? (Share with her some things you might do at home to build a healthier relationship with yourself.)

Thursday Rest Day	Friday Cross-Train or Rest Moderate 7	Saturday Walk Conversational Pace 6-7	Sunday Rest Day
Rest	30 minutes	30 minutes	Rest
Rest	30 minutes	30 minutes	Rest
Rest	30 minutes	35 minutes	Rest
Rest	30 minutes	35 minutes	Rest
Rest	30 minutes	40 minutes	Rest
Rest	30-40 minutes	40 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30-40 minutes	50 minutes	Rest
Rest	30-40 minutes	45 minutes	Rest
Rest	30 minutes	5K Walk	Rest

5K WALK

DAY MODE INTENSITY i-RATE SCALE	Monday Walk Conversational Pace 6-7	Tuesday Cross-Train or Rest Moderate 7	Wednesday Walk Conversational Pace 6-7
WEEK 1	25 minutes	30 minutes	25 minutes
WEEK 2	25 minutes	30 minutes	25 minutes
WEEK 3	25 minutes	30 minutes	30 minutes
WEEK 4	30 minutes	30 minutes	30 minutes
WEEK 5	30 minutes	30 minutes	35 minutes
WEEK 6	30 minutes	30-40 minutes	35 minutes
WEEK 7	35 minutes	30-40 minutes	35 minutes
WEEK 8	35 minutes	30-40 minutes	40 minutes
WEEK 9	40 minutes	30-40 minutes	40 minutes
WEEK 10	30 minutes	30 minutes	30 minutes

LESSON 14: WHERE I END

In today's lesson, the Big Idea is that to take care of ourselves, we need to set boundaries.

In this lesson, the girls learn about different types of boundaries and share their comfort, stretch and panic zones in different situations. These concepts come up throughout the rest of the season. During the Workout, they practice setting boundaries with a partner using different scenarios.

The Take Home Challenge is to practice setting a boundary and to pay attention to how it feels to set and keep it.

Questions & Conversation Starters:

1. Why is having boundaries a way of taking care of ourselves?
2. What are comfort, stretch and panic zones? Tell me about the bull's-eye game.
3. Why do you think it's important to know when you are comfortable and uncomfortable in a situation? (Share an example from your own life with her.)
4. What did you learn about different kinds of boundaries today? Do you think it's easier to set some boundaries more than others?
5. Tell me about a scenario from your workout that you remember. How would you set that boundary?
6. How can I help you with setting boundaries? (Share some examples of your own life when you've had to set a boundary and it was a challenge.)

LESSON 15: STANDING UP

The Big Idea for today is we can keep boundaries even when it's hard.

The girls continue to explore boundaries in this lesson. The girls play a game called Elbow to Elbow where they learn about boundaries in different contexts. The girls listen to a story called Peach Tree and talk about ways the main character could have set boundaries in her life which could have protected her emotionally and physically.

The Take Home Challenge is to practice setting and keeping boundaries—even when it's difficult.

Questions & Conversation Starters:

1. Tell me about the game you played today.
2. How can you tell if you are uncomfortable in a situation? Why do you think it's important to let others know if you are uncomfortable? (Share with her a time when you felt uncomfortable in a situation.)
3. What are some different ways you can let someone know you are uncomfortable in a situation?
4. How can you tell if someone else is uncomfortable? Why is it important to be aware of how others are feeling?
5. Tell me about the Peach Tree story. What did you learn about boundaries from the story?

5K TRAINING PROGRAMS DEVELOPED BY JENNY HADFIELD

The following training programs are designed to guide you to the finish line! There is a program for everyone and the real key to success starts with determining which program best fits your current activity level. That way, you will progress safely and enjoy a memorable experience with the girl in your life!

There are five **5K Training Programs**:

Walk [all walking]

Walk-Run [a little running sprinkled in with walking]

Run-Walk [a little walking sprinkled in with running]

Run [all running]

Advanced Run [for those who have run half marathons]

Why so many?

Because everyone is at a different fitness level and we all have varying goals for the day of the 5k. Some of you may be starting an exercise program for the first time and preparing to participate in your inaugural 5k event and others may be daily runners! Regardless, we are all training to reach the start line safely and more importantly, to be smiling as we cross the finish line with our friends and family members!

About Coach Jenny Hadfield

Jenny is a published author of three books (Marathoning for Mortals, Running for Mortals, Training for Mortals), writer, coach, speaker and endurance athlete. She has a Bachelor's degree in Exercise Physiology, a Masters Degree in Exercise Science and is a certified coach and personal trainer. For more information on Jenny, visit www.JennyHadfield.com.

NOTES:

LESSON 16: CONNECTION

In today’s lesson, the Big Idea is that we are all connected.

The Activity shows girls how they are physically connected to one another and that they need each other. In the Workout, the girls focus on encouraging each other as they prepare for the practice 5k next week. In the Journal, the girls think about how everyone’s Wheel is connected and look at whose Wheels are in their comfort zone and whose Wheels are in their stretch zone. This prepares girls to take action on expanding the reach of the Girl Wheel to positively impact others.

The Take Home Challenge is to explain the Girl Wheel comfort zone and stretch zone ideas to someone at home.

Questions & Conversation Starters:

1. Tell me about the Activity today? Was it easier to be a Heart (lean in) or a Sole (lean out)? Why?
2. During the Workout, how did you encourage others? How were you encouraged by your teammates?
3. What Wheels are in your comfort zone? What Wheels are in your stretch zone?
4. Is it possible to expand the reach of your Girl Wheel to include others? How? Why is it important to do this?
5. Next week is your practice 5k! How are you feeling about that? Are you feeling prepared? (Remember to focus on personal improvement, goal setting, effort, emotional and physical preparation.)

LESSON 17: HOORAY!

Today's Big Idea is that we can do anything we set our minds to do.

Today the girls will be building their confidence for the end-of-season 5k by completing a practice 5k (3.1 miles) with their teammates.

The Take Home Challenge is to pay attention to share how it went with someone at home and to start thinking of ways to extend the reach of their Girl Wheel to include others.

Questions & Conversation Starters:

1. Wow! Today you had your first chance to try and run a whole 5k! How did it go?

2. How are you feeling about your effort today? Your focus?

3. Are you planning to do anything differently at the final 5k event?

4. How did the team and coaches work together to complete today's goal of completing the practice 5k?

5. Let's think about how each part of your Girl Wheel was engaged today. (Body, Brain, Heart, Spirit and Social)

NOTES:

NOTES:

LESSON 18: IMPACT

Today’s Big Idea is that we can positively impact others.

In the Activity, the girls see firsthand how one action can have a ripple effect on others. In the Workout, they brainstorm ways to expand the reach of their Girl Wheel to include others while completing a partner 5k. In the Journal, they make an action plan to reach out to Wheels in their stretch zone.

The Take Home Challenge is to take action to expand the reach of their Girl Wheel to include others.

Questions & Conversation Starters:

- 1. Tell me about the Activity? Why was it called Do Nothing, Do Everything?
- 2. How can one action have a ripple effect? (Share an example from your own life.)
- 3. Tell me about the partner 5k. How did it go?
- 4. What are the actions you will take to extend the reach of your Girl Wheel to include others?
- 5. Why is it important to extend the reach of your Girl Wheel or to share your strengths, support, kindness with others (especially those not in our comfort zone)?

LESSON 19: HERE YOU ARE

Today's Big Idea is that our voices and actions matter.

In the Activity, they finish some statements which identify what's important to them, what they've learned and what they're willing to stand up for, and share those with partners. In the Workout, they continue to work with those ideas. In the Journal, the girls share how it went when they took action to extend the reach of their Girl Wheel and commit to extending it even more.

The Take Home Challenge is to continue to extend the reach of their Girl Wheel to include others.

Questions & Conversation Starters:

1. How do you think your voice matters? Why do you think it is sometimes hard to use your voice, especially when it really matters?
2. Tell me about some of the statements you completed today. ("I won't put up with...; I am stronger than...; I am grateful for...; I am happy when...; I want to help...") How did you learn all that at Heart & Sole this season?
3. How did it feel to share how it went reaching out to others in your stretch zone? What were some of your teammates' experiences?
4. As it gets closer to the end of the season, what remaining goals do you have for yourself? How can I help you in reaching these?
5. The 5k event is just around the corner! How are you feeling about the end of the season and the 5k?

LESSON 20: REFLECTION

The Big Idea today is decided by the girls as they finish their last practice of the season.

The girls identify all the ways they have grown over the season and where their strengths lie. In the Workout, they reflect on the season as they run a lap with each teammate. In the final Journal, the girls reflect on their Girl Wheel and share their final thoughts.

Their final Take Home Challenge is to continue to reach out to others by expanding their Girl Wheel and share some of the skills and strength they gained in Heart & Sole with others.

Questions & Conversation Starters:

1. What did the team decide was the Big Idea for your last practice? Why?
2. In the Activity, what were some of the places you felt very strong? Where was the team strong?
3. How did it feel to complete your last journal entry on your Girl Wheel? What parts of the Wheel have you grown most? What part(s) do you still want to develop?
4. What was your favorite part of practice today? What was your favorite part of Heart & Sole?

LESSON 21: CELEBRATE

Heart & Sole girls and coaches determine how their team will celebrate the final day– what activities they'd like to do and how they would like to honor one another and their coaches. It is an opportunity for the coaches to share positive thoughts about each girl and to honor each participant's unique gifts and talents. It is a joyous occasion filled with love and laughter.

Questions & Conversation Starters:

1. Today was your last day at Heart & Sole. What are you feeling right now?
2. What was your favorite part of the celebration today? Why?
3. The Girl Wheel was such big part of Heart & Sole. How can we continue to talk about it now that Heart & Sole is over? How can we continue to pay attention to balancing these parts of our lives and also paying attention to these parts of each other's lives?
4. How can we continue to extend the reach of our Wheels even after the season?
5. It has been such an honor for me to watch you growing and learning over the last several weeks. What can the two of us do together right now to honor and remember this moment?