



Gainesville High School Body Sculpting

Am I ever going to be able to run a 5K?

Standards Covered:

- PEHS1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
- PEHS2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
- PEHS3. Participates regularly in physical activity.
- PEHS4. Achieves and maintains a health-enhancing level of physical fitness.
- PEHS5. Exhibits responsible personal and social behavior that represents self and others in physical activity settings.
- PEHS6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

EQ: What important information do I need to develop my own personal cardiovascular training plan to successfully finish my first 5K race?

Introduction

You will design a 4-week individualized cardiovascular training plan for running your first 5K race.

Your task is to design your own personal cardiovascular fitness training plan for your first 5K race.

- Research the internet for **at least 2 different** 5K training plans. *Attach these training plans with your final training plan.*
 - Compare/Contrast the 2 training plans. **Summarize** your findings in a paragraph that will be included with your final training plan.
 - What aspects of each plan do you like? Dislike?
 - How can these training plans be implemented into your own training plan?
- Use the internet training plans as examples to design and create your own training plan. Incorporate cardio exercises you enjoy in your weekly plan (i.e. - playing soccer, swimming, biking, etc.)
 - Include your **name, age, RHR, MHR, THR, mile time, goal time for 5K completion and mile pacing time in your template.**
- After completing a rough draft of your training plan, you should have at least one peer in the class review and edit your plan. **Rough draft due Tuesday, September 20th.**
- Type a paragraph (5 sentences) reflection describing why cardiovascular fitness is important to your overall health at your age now and for the future, and include with your final training plan.

Use either Word or Excel to create your template. The final product (sample 5K training plan, summary of comparison analysis, YOUR training plan, benefits summary) is due on **Tuesday, September 27th.**

Critical Thinking Required for this project:

- Analyzing your own cardio fitness data - MHR, THR, mile time
- Evaluating own needs and interests and how they can be integrated in a successful cardio training plan
- Develop personal improvement goals and incorporate measurement of achievement into the plan
- Research internet for sample 5K training plans

Grading Rubric

Criteria/Scale	Just Beginning	Almost There	Meets the Standard	WOW!
Organization/ Format	The plan is not logically designed and the trainee will have trouble following it. Less than 5 personal data facts are included.	Generally the format is appropriate, but the trainee will have some questions about the plan. Only 5-8 personal data facts are included.	Plan is organized and can be easily followed. All 8 personal data facts are included.	Plan is very well organized, clearly laid out and can be easily followed. All 8 personal data facts are included.
Worth 50 pts.	< 19 pts.	20 - 29 pts.	30 - 39 pts.	> 40 pts.
Research/ Summary of findings	No sources are attached to the plan.	Only one internet source is cited and attached. No comparison has been made.	Two different internet sources are cited and attached. The compare and contrast summary is accurate and easy to understand.	Two different internet sources are cited and attached. The compare/contrast summary is detailed, comprehensive, easy to understand and accurate.
Worth 25 pts.	< 9 pts.	10 - 14 pts.	15 - 19 pts.	> 20 pts.
Reflection summary	Reflection provided little depth of thought or detail.	Reflections provide some basic thoughts, but lack details	Good effort was used to express meaningful thoughts.	Reflection provides specific details and insightful expressions.
Worth 25 pts.	< 9 pts.	10 - 14 pts.	15 - 19 pts.	> 20 pts.