



# Girls Run the World

*Patch Program*



girl scouts   
of eastern oklahoma

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# Who Runs the World? GIRLS!

**Ready for a challenge?** Welcome to the Girls Run the World patch program! You'll set a goal, build your athletic skills and give back to your community as you explore the world of running. Going for a run can be a healthy way to clear your mind, work your muscles and build up confidence. If you're curious to try the sport of running, this patch program will help you start.

Running isn't your only option. Not all Girl Scouts like to run, and we all move our bodies in different ways. So, you can participate in this program and earn your patch by setting any distance movement goal! That might mean biking, rollerblading, wheeling, walking, rowing, skiing or whatever your sport is as you work through this program.

To earn your patch, work your way through each activity in this packet. On the final page of this packet, you'll find a few reflection questions about your journey. After you reflect and celebrate, get your patch and add it to the back of your Girl Scout vest!



## The Girl Scout Promise

On my honor, I will try:  
To serve God and my country,  
To help people at all times,  
And to live by the Girl Scout Law.

## The Girl Scout Law

I will do my best to be  
honest and fair,  
friendly and helpful,  
considerate and caring, courageous and  
strong, and responsible for  
what I say and do, and to  
respect myself and others,  
respect authority,  
use resources wisely,  
make the world a better place, and be a  
sister to every Girl Scout.

**Girl Scouting builds girls of courage,  
confidence, and character, who make  
the world a better place.**



# Choose Your Own Adventure!

**Pick a challenge to help you earn your patch:**

- 1) Train and run a 5k (5 kilometer, or 3.1 miles) - either on your own or during a racing event.
- 2) Run a marathon (26.2 miles) over the course of a month.
- 3) Any other distance movement goal you set for yourself.



**Consider these:**

- Imagine completing each challenge. How would you feel afterwards?
- Which goal seems challenging but doable for you?
- Is having a flexible schedule important to you? For example, to complete a marathon in a month, you could run about a mile every day for 26 days, run two miles a day for two weeks, or do a mix of distances for any number of days you choose.
- Do you prefer having a structured plan to reach a goal? Do you like the idea of following a training plan to build up to a final run?
- Do you want to set a time goal? Or would you rather see how you feel each day you run?
- Is there an event you can sign up for or are you planning to create your own?



# Program Goals

What type of movement do I want to do?

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How far and how long?

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How will I accomplish this goal?

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I hope to reach my goal by:

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How do I think I will feel when I reach my goal?

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**Now that you have a challenge picked out, write down a goal for yourself!**

**DISTANCE GOAL:**

**TIME GOAL:**

“

*JOGGING IS VERY BENEFICIAL. IT'S GOOD FOR YOUR LEGS AND YOUR FEET. IT'S ALSO GOOD FOR THE GROUND. IT MAKES IT FEEL NEEDED.*

”

- CHARLES SCHULZ

# Preparation

## Think about safety:

Work out a plan with your caregiver to make sure you're safely working towards your goal. That might mean that you train with an adult. If your adult wants to stay with you as you train but they don't want to participate in the challenge, you might find a track or a park where they can stay close by as you train.

If you're old enough to train solo, make sure you have permission and that your caregivers know your plan (including where and when you'll train).

If your troop is working on this patch program together, make sure to follow **Volunteer Essentials** and **Safety Activity Checkpoints**.

No matter where you go, make sure you are easily visible and out of traffic when running outdoors. Wear bright, reflective clothing and go outside during daylight hours.

Listen to your body. Your body knows its own limits, so if you think you have an injury or are pushing too hard, stop and figure out how to best care for yourself. There is no time limit to this patch program so you can always take a break!

## Your Training Plan

Before you head out for your first run, complete the following steps to ensure you're set up for success.

### Pick a training plan:

Think about your goal and the steps you'd need to get there. For example, if you want to run a marathon over a month, and you're already comfortable running one mile straight, you might create your own plan of running one mile, six days a week, for about one month. Grab a calendar and write out your plan and remember to keep it flexible in case you need to change something as you go.

Here are a few options to help you train for a 5k over eight weeks. You can pick one of those plans, or you can find your own. Do some research to figure out what works best for your schedule and lifestyle.

# Tagalong Trot

**Goal:** 5k Walk

**Training Time:** 8 weeks

This training program best fits girls of any age who would like to walk a 5 kilometer or 3.1 mile distance.

1) **Conversational Pace:** You should not be working so hard that you are out of breath: Rather, you should be able to hold a conversation.

2) **Moderate Pace:** You should be breathing harder than you do at a conversational pace and should be able to hear your breathing.

3) **Cross Training:** It's important to give the muscles you use for running/walking a break during the week to prevent muscle burn out and too much repetition. Try another type of exercise these days such as biking, yoga or swimming!

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Walk/Run Conversational Pace	Cross Train or Rest	Walk Conversational Pace	Rest	Walk Moderate Pace	Walk Conversational Pace	Rest
1	Walk/Run 25 minutes	Cross Train 30 minutes or Rest	Walk 25 minutes	Rest	Walk 30 minutes	Walk 30 minutes	Rest
2	Walk/Run 25 minutes	Cross Train 30 minutes or Rest	Walk 25 minutes	Rest	Walk 30 minutes	Walk 30 minutes	Rest
3	Walk/Run 30 minutes	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Walk 30 minutes	Walk 35 minutes	Rest
4	Walk/Run 30 minutes	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Walk 30 minutes	Walk 35 minutes	Rest
5	Walk/Run 35 minutes	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Walk 30 minutes	Walk 40 minutes	Rest
6	Walk/Run 35 minutes	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Walk 30 minutes	Walk 40 minutes	Rest
7	Walk/Run 40 minutes	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Walk 30 minutes	Walk 45 minutes	Rest
8	Walk/Run 30 minutes	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Walk 30 minutes	Rest	<b>5k!!</b>

# Samoa Shuffle

**Goal:** 5k Walk/Run

**Training Time:** 8 weeks

Great for girls who have been walking and exercising regularly 2-3 times a week; this plan helps girls work up to a 5 kilometer or 3.1 mile distance by alternating walking and running.

1) **Conversational Pace:** You should not be working so hard that you are out of breath: Rather, you should be able to hold a conversation.

2) **Moderate Pace:** You should be breathing harder than you do at a conversational pace and should be able to hear your breathing.

3) **Cross Training:** It's important to give the muscles you use for running/walking a break during the week to prevent muscle burn out and too much repetition. Try another type of exercise these days such as biking, yoga or swimming!

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Walk/Run Moderate Pace	Cross Train or Rest	Walk/Run Moderate Pace	Rest	Cross Train or easy Walk/Run	Walk/Run Moderate Pace	Rest
1	Walk 24 minutes Run 3 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 25 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 24 minutes Walk 1 minute	Rest
2	Walk 24 minutes Run 3 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 25 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 24 minutes Walk 1 minute	Rest
3	Walk 28 minutes Run 1 minute Repeat 6 times	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 28 minutes Walk 1 minute	Rest
4	Walk 30 minutes Run 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 30 minutes Walk 2 minutes	Rest
5	Walk 30 minutes Run 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 30 minutes Walk 2 minutes	Rest
6	Walk 35 minutes Run 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 35 minutes Walk 2 minutes	Rest
7	Walk 35 minutes Run 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 40 minutes	Rest	Cross Train or easy Walk/Run 30min	Run 35 minutes Walk 2 minutes	Rest
8	Walk 26 minutes Run 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk 30 minutes	Rest	Cross Train or easy Walk/Run 30min	Rest	<b>5k!!</b>



# Thin Mint Sprint

**Goal:** 5k Run

**Training Time:** 8 weeks

This training program is best for those who have been running at least 2 times per week for 20 to 30 minutes at a time. This can include extracurricular activities or for fun! The goal is to run 5 kilometers or 3.1 miles.

1) **Conversational Pace:** You should not be working so hard that you are out of breath: Rather, you should be able to hold a conversation.

2) **Moderate Pace:** You should be breathing harder than you do at a conversational pace and should be able to hear your breathing.

3) **Cross Training:** It's important to give the muscles you use for running/walking a break during the week to prevent muscle burn out and too much repetition. Try another type of exercise these days such as biking, yoga or swimming!

WEEK	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	Run Conversational Pace	Cross Train or Rest	Run/Sprint Intervals	Rest	Run Moderate Pace	Run Conversational Pace	Rest
1	Run 25 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 30 minutes	Rest
2	Run 25 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 30 minutes	Rest
3	Run 30 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 35 minutes	Rest
4	Run 30 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 35 minutes	Rest
5	Run 35 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 40 minutes	Rest
6	Run 35 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 40 minutes	Rest
7	Run 40 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Run 45 minutes	Rest
8	Run 30 minutes	Cross Train 30 minutes or Rest	Run-Sprint 25 minutes	Rest	Run 30 minutes	Rest	<b>5k!!</b>

# Athletic Mindset



## GET EXPERT HELP

If you can, call or visit a local running store and talk with an expert about training for your goal. They can give you tips about gear (like shoes, clothes and water bottles as well as local events). You can also do research online and in books. Maybe you can invite a runner to be a special guest at your Girl Scout troop meeting so your troop can interview them!

## FIGURE OUT WHERE TO RUN

Work with an adult to determine the best places for you to train. It might be your neighborhood, a nearby park or a school track. If you want to plan out a route by distance and/or elevation, you might experiment on the website [Map My Run](#) or another mapping tool. Figuring out your exact route in advance can be helpful, and it can be fun to creatively design your own route. Maybe you can draw out a route shaped like a Girl Scout Trefoil or your name!

## FIND YOUR ATHLETE'S MINDSET

Practice positive self-talk with an affirmation:

Many runners create an "affirmation" to use to keep them motivated and inspired as they run. An affirmation is a word or phrase you like that can keep you moving when things get tough. It's often a phrase you know to be true, but you need to be reminded of it when facing a challenge. For example, one affirmation is "I am strong!" When you hit a tough part of your run and you start to think negative thoughts, you can repeat to yourself "I am strong, I am strong" until your brain and body remember that it's true and you're inspired to move forward. It's especially helpful to visualize or imagine yourself being strong as you repeat your affirmation. Your thoughts influence the way you behave and perform!

As you train for your goal, notice what inspires you. Is it a feeling you get in your body or mind? Is it knowing that you're becoming faster, stronger or more confident over time? Is it a person, place or memory that motivates you to keep going? Soon you'll figure out what exactly helps you stay positive when the going gets tough. Write down a few examples of what inspires you:

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**Now, craft a personal affirmation!** Thinking about what you've already listed, can you develop a short statement that reminds you of that? To get some ideas going, try filling in the blanks below:

"I am \_\_\_\_\_."

"I run to \_\_\_\_\_."

"I am great at \_\_\_\_\_."

"My strength is \_\_\_\_\_."

A single word that inspires you: \_\_\_\_\_

A feeling you like to feel: \_\_\_\_\_

The opposite of a negative thought I sometimes think: \_\_\_\_\_

\_\_\_\_\_

Once you find a mantra or two that you love, try repeating them at times during your run and visualize the statement. Doing this will tell your brain that your affirmation is true, so your body will respond positively to it!

Write your running affirmation here:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



# Find a Role Model

Find inspiration by learning about somebody who overcame adversity to make a difference in the running world. Using books or the internet, research somebody who worked to make sports more inclusive. Here are a few examples:

- **Katherine Switzer** became the first woman to run the Boston Marathon as a registered competitor. She did this in 1967 when women were not welcomed in the race, and a race manager attempted to stop her from running. She finished the race and years later women were finally invited to run the Boston Marathon.
- **Mirna Valerio** is an ultrarunner (meaning she runs distances over a marathon length) and an author who advocates for all body types in the sport of running. Her career started with her blog "Fatgirlrunning" as she navigated being a runner in a body that looked different from others in the sport. Now, she inspires people of all body types, speeds and appearances to keep working toward their athletic goals.
- **Wilma Rudolph** was called the "fastest woman in the world" in the 1960s. She was the first American woman to win three gold medals during a single Olympic Games. She overcame the Polio disease as a child, even though there wasn't adequate medical care available to her as an African American girl. When she reached running success, she refused to attend her hometown's homecoming parade unless it was integrated, so it became the first fully integrated public event in the city's history.



# Design a Warm-Up

**In any sport, preventing injuries is key to success!** Warming up before a run and recovering properly afterward help keep your body injury-free.

A warm up is a few minutes of light movement to get your muscles, bones and joints ready to move. A good warm-up will help you loosen up your muscles, gently raise your heart rate and start a rhythm for your workout. You want to feel perked up before you take your first running stride!

Different bodies require different warm-ups so it's important to figure out what works for your unique body. You can test out a 5 minute warm-up and see if it feels good or if you think you need a longer warm-up routine next time. Even if you feel healthy and energetic, completing a proper warm-up is crucial for preventing injuries like pulled muscles. So find a routine you enjoy!

Use a mix of movement that will get your heart pumping. **Aerobic exercises** will wake up your muscles and joints. **Dynamic stretching** is a form of stretching - it's not just holding still for a stretch. You want to move during these stretches so you can increase range of motion and increase your heart rate.

## Aerobic Movement Ideas

- Skipping, marching or jogging easily
- Walking briskly
- Jumping jacks or jump rope
- Backward jogging
- Side shuffles



# Dynamic Stretching Ideas

- **Knee-to-chest:** Stand up straight, then bring your knee to your chest while keeping the other leg straight. Rise onto your tiptoes as you clasp your hands on your knee. Take a step forward and alternate legs, now hugging your other knee to your chest. Stay strong in your core.
- **Heel-to-bottom:** Stand up straight, then take a step forward and bend your leg so your foot pulls towards that side's gluteal muscle for a gentle stretch. Alternate with each step.
- **Forward lunge:** Take a big step forward with one leg, bending at the knee. Land so your thigh is almost parallel to the ground and your back knee is close to a 90-degree angle. Don't let your front knee fall in front of your toe. Step back to standing and switch sides.
- **Lunge with a twist:** Do a forward lunge, but add an upper-body twist toward the front leg. Step back to standing and then switch sides.
- **Toy Soldiers:** Keep your knees and back straight. As you take a step forward, lift your leg up straight in front of you and flex your toes. Only go as high as is comfortable. Walk forward this way, alternating legs.
- **Single Leg Deadlift:** Stand on one foot and bend your knee slightly, with the other foot hovering just off the ground. Hinge forward at your hips as your hovering leg extends behind you. When your torso and hovering leg are about parallel to the ground, hold for a couple of seconds. Slowly return to standing, then switch legs.
- **Arm Circles:** Spread your arms out straight and wide and make circles forward and backward.
- **Ankle Circles:** Point your toe towards the ground and roll your ankle in circles in one direction, then in the other direction. Now switch feet and repeat.
- **Leg Swings:** Stand next to a wall or something else for balance. With one hand on the wall, swing one leg front and back in the air. With both hands on the wall, you can swing your leg side to side into the air. Do both legs.



# Create Your Own Warm-Up Routine

Try out those movements and any others you think would be helpful. Decide which ones make you feel ready to run. Write down a plan for your personal warm-up routine below, including moves and repetitions (how many times you do the move or the length of time you give yourself to do as many reps as possible)

## MY WARM-UP PLAN:

Warm-up Movement	Repetitions / Timing

NOTES:

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# RECOVER FROM WORKOUTS

**Sometimes it doesn't feel like it, but doing any type of exercise puts a temporary stress on your body.** That stress can make you stronger - as long as you properly recover afterward! When you drink water, eat nutrients and rest your body after a workout, your body gets the message that it's time to repair your muscles and reap the benefits of regular exercise. So create a recovery plan to use after you run!

## TAKE A COOL DOWN:

A cool-down at the end of a workout helps your body gradually return to a resting state by decreasing your speed and intensity. This will gently bring your heart rate back down to normal. If you run very hard then suddenly stop, you might get dizzy! Instead, wind down slowly so your body can gradually return to resting. A great cool-down routine is walking for 5-10 minutes after your run. Then you can start the rest of your recovery.

## REHYDRATE:

Whether you notice yourself sweating or not, your body loses fluid during exercise. Prevent dehydration by making sure you replenish the water your body lost while running. Drink an amount of water that feels good and ensures you're no longer thirsty. There isn't an exact amount. If you feel thirsty, you definitely need to replace fluid soon. Keep a water bottle nearby and make it a habit to drink some as soon as you finish every run.

## REFUEL:

In order to build muscle and feel good, your body needs nutritious foods after a workout! How much food you need after a workout depends on many factors - your age, run distance and intensity and when your next meal is. In general, it's a good idea to have a snack or meal that contains carbohydrates and protein within 30-60 minutes after a run.

## REST:

Especially after a challenging run, resting will help your body feel back to normal sooner! A few tips to properly rest:

- Get enough sleep to feel refreshed and energized in the morning and throughout the day.
- Use a foam roller or massage tools to soothe your muscles.
- Don't do two challenging runs on back-to-back days. Instead, add a day of easy running or cross training between harder effort days.
- Add cross-training to your weekly routine: Cross-training is participating in an exercise that isn't your main focus. So a runner could cross train by cycling, swimming, dancing, or any other movement based activity that they enjoy.
- Eat a variety of foods full of vitamins and minerals to replenish your body and **STAY HYDRATED!**



# GETTING READY FOR THE BIG DAY!

## DESIGN YOUR OWN RACE BIB:

Have you ever watched a race and noticed that every runner wore a piece of paper with numbers on it? That's called a race bib! In an official race, bibs are used to identify who each runner is. Runners typically use safety pins to attach the bib to their shirt during the entire race.

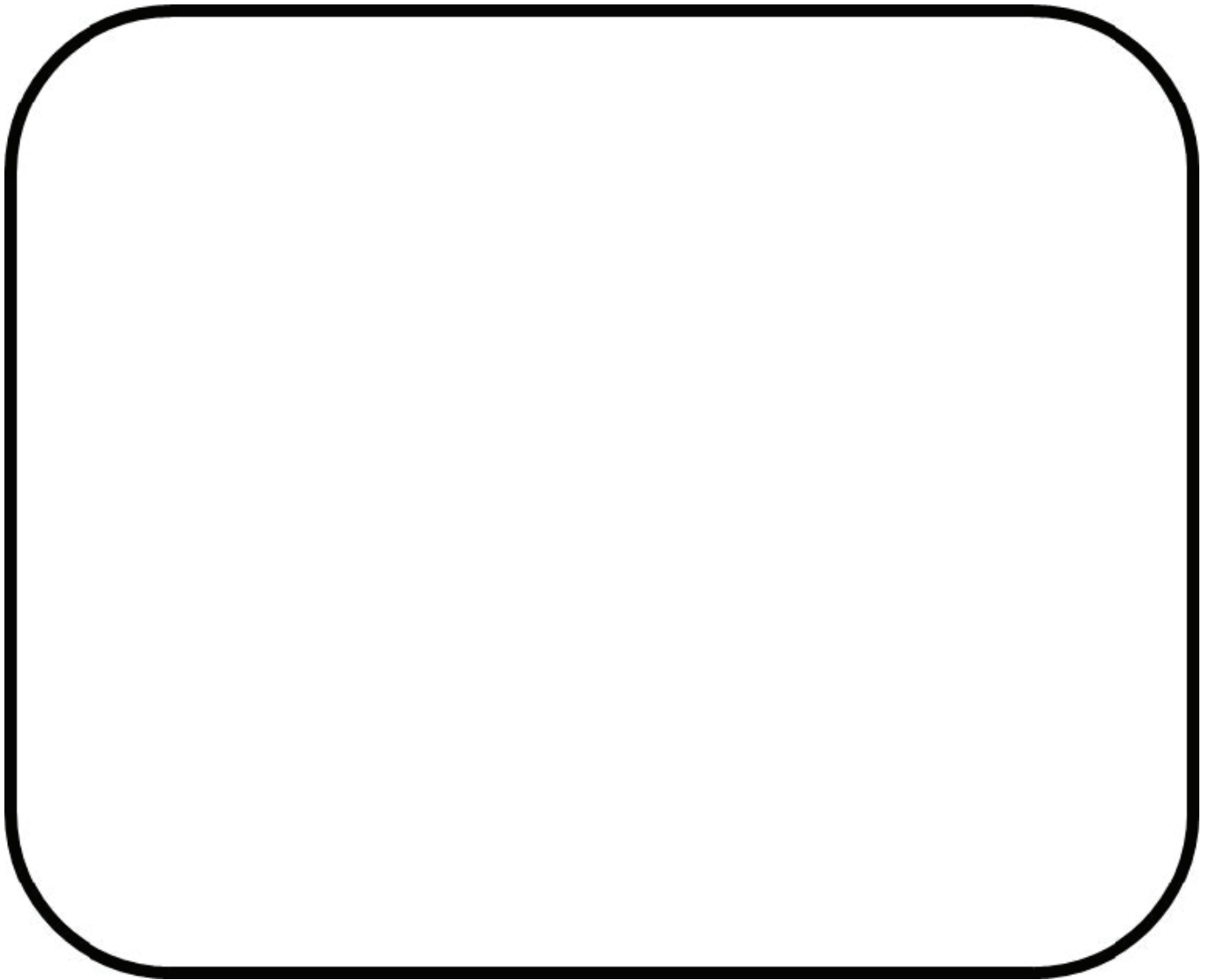
If you plan to run your own (not in an official race), you might want to design a bib and wear it while you run! Use the template on the next page and customize it to make your own. You can add a race name, a number and any drawings or phrases that will motivate you to keep going.

Here is an example:



When your bib is ready, have an adult help you cut it out and attach it to your shirt using safety pins. Remember, if you sign up for an official race, the organizers may provide you with the official race bib, so you can save this template bib for another time!

# BIB TEMPLATE



# ADD A SERVICE ELEMENT

Use your goal to make your community happier and/or healthier! Add a service element to either a training run or your final goal run, such as your 5k.

Think about what you like to do and consider what your community needs. Then find a way to leverage your athletic goals as a way to accomplish something significant. Here are some ideas to get you thinking:

- Pick up litter throughout a run. "Plogging" is the Swedish term for this!
- Take note of and let your city know places that are not accessible for all community members (like places with cracks in the sidewalk that wheelchairs can't get over or broken street lights, etc).
- Complete a citizen science project in the areas you run.
- Volunteer to run with shelter dogs!
- Teach younger Girl Scouts about running and coach them.



## ENJOY THE JOURNEY

Ready to go after your goal? You've done so much work for yourself and your community and now it's time to attempt your challenge! Before your final run, review what you've done so far. Read your goal out loud, repeat your positive affirmations and think about your running role model.

When you're ready for the final part of your challenge, go for it with the courage, confidence and character you've been building up throughout your training. Challenge yourself and HAVE FUN!

# REFLECTING ON YOUR GOAL

1) What was the hardest part of working towards your goal and how did you get through the challenge?

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2) What was the most enjoyable part of meeting your goal and how did that make you feel?

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3) What are you inspired to do the next time you set a physical movement goal?

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4) What is one way you can celebrate your accomplishment and the journey you took?

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## CONGRATULATIONS!

You've earned your **Girls Run the World** patch which is available for purchase in our Girl Scout Store!

Have a story or accomplishment you want to share? Please email [news@gseok.org](mailto:news@gseok.org) and let us know about your experience and send any pictures you may have. You might inspire other Girl Scouts to set their own movement goals!



“Remember, the second most important thing to choosing the right running shoe is the left one.”

**-Unknown**

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