



## Girl Scouts Run the World: A Patch Program

### Introduction

Ready for a challenge? Welcome to the Girl Scouts 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 body 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 other movement you love. Simply replace the word "run" with whatever your sport is as you work through this program.

To earn your patch, work your way through each activity in this packet. Then, on a date of your choice, you'll attempt to reach the goal you set. 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 wear it on the back of your Girl Scout vest.

### Choose Your Running 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 race event.
2. Run a marathon (26.2 miles) over the course of a month.
3. Any other distance movement goal you set for yourself.

### Need help deciding? Consider these:

- Imagine completing each challenge. How would you feel afterward?
- 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, like run a 5k in a certain amount of minutes? Or would you rather wait and 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?

### Now that you have your challenge picked out, write down a goal for yourself!:

My goal is to (*What type of movement do you want to do?*): \_\_\_\_\_

for (*How far or for how long?*): \_\_\_\_\_

and my strategy is to (*How will you accomplish this?*): \_\_\_\_\_.

I hope to reach my goal by (*When? What date?*): \_\_\_\_\_

and I will feel (*How will you feel?*): \_\_\_\_\_ when I accomplish it!

### 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 you 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](#), and that you're following all of GSOSW's [COVID-19 requirements and safety guidance](#).
- 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 Pre-Run Plan

Before you head out for your first run, complete the following pages 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.

Below are three 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.

## The 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 easily.
- 2 - Moderate Pace: You should be breathing harder than you do at a conversational pace, and you 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, like biking, swimming or yoga.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
	Walk Conversational Pace 1	Cross Train <sup>3</sup> or Rest	Walk Conversational Pace 1	Rest	Walk Moderate Pace 2	Walk Conversational Pace 1	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	5k walk! Well done!

## The Samoa Shuffle

**Goat:** 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 - Moderate Pace:** You should be breathing harder than you do at a conversational pace, and you should be able to hear your breathing.  
**2 - Cross Training:** It's important to give the muscles you use to run/walk a break during the week to prevent muscle burn out and too much repetition. Try another type of exercise these days, like biking, swimming or yoga.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
	Walk-Run Moderate Pace <sup>1</sup>	Cross Train <sup>2</sup> or Rest	Walk-Run Moderate Pace <sup>1</sup>	Rest	Cross Train <sup>2</sup> or Easy Walk-Run	Walk-Run Moderate Pace <sup>1</sup>	Rest
1	Run 24 minutes Walk 3 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 25 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 24 minutes Walk 1 minute	Rest
2	Run 24 minutes Walk 3 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 25 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 24 minutes Walk 1 minute	Rest
3	Run 28 minutes Walk 1 minute Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 30 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 28 minutes Walk 1 minute	Rest
4	Run 30 minutes Walk 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 30 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 30 minutes Walk 2 minute	Rest
5	Run 30 minutes Walk 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 40 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 30 minutes Walk 2 minutes	Rest
6	Run 35 minutes Walk 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 40 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 35 minutes Walk 2 minutes	Rest
7	Run 35 minutes Walk 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 40 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Run 35 minutes Walk 2 minutes	Rest
8	Run 36 minutes Walk 2 minutes Repeat 6 times	Cross Train 30 minutes or Rest	Walk-Run 30 minutes	Rest	Cross Train <sup>1</sup> or Easy Walk-Run 30 minutes	Rest	<b>5k!</b> You trained for this!

## The Thin Mint Sprint

**Goat:** 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 (whether through sports or running). The goal is to run 5 kilometers or 3.1 miles.

- 1 - 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, like biking, swimming or yoga.
- 2 - Conversational Pace: You should not be working so hard that you are out of breath; rather, you should be able to hold a conversation easily.
- 3 - Sprint Intervals: Run the workout at an easy pace and include 3 to 4 short, 60 seconds of "Sprint intervals" or a faster paced run. During your 60 second sprint your breathing should be hard, and a little outside of your comfort zone.
- 4 - Moderate Pace: You should be breathing harder than you do at a conversational pace, and you should be able to hear your breathing.

WEEK	MON	TUE	WED	THUR	FRI	SAT	SUN
	Run Conversational Pace <sup>2</sup>	Cross Train <sup>1</sup> or Rest	Run- Sprint <sup>3</sup> Intervals	Rest	Run Moderate Pace <sup>4</sup>	Run Conversational Pace <sup>2</sup>	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	5k! You're so strong!

### 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, water bottles, etc.) and local events (like running groups and races). 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 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 here:

---

---

---

---

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

“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 running 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:

- Kathrine 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 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 disease polio 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 Routine

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 heartrate, 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 five-minute warm-up and see if it feels good, or if you think you need a longer warm-up 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) and wake up your muscles and joints (dynamic stretching). Dynamic stretching is a moving form of stretching—it’s not just holding still for a stretch. You want to move during the 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 toward 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. Switch sides.
- Lunge with Twist: Do a forward lunge, but add an upper-body twist toward the front leg. Step back to standing, then switch sides.
- Hip Rotations: Stand up straight, then make large circles with your hips, as if you had a hula hoop. Rotate in one direction, then the other direction.
- 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 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 the other direction. Then switch feet.
- Leg Swings: Stand next to a wall or something else for balance. With one hand on the wall, swing one leg front and back into 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:

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 timing (how long you do the move).

#### My Warm-Up Plan

Warm-up move	Repetitions/timing

## 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 heartrate 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'll 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—that depends on factors like your speed, temperature, clothing and more—but 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, for example—but 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 are:

- 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 exercise that isn't your main focus. So, a runner could cross-train by cycling, swimming, dancing, paddling, lifting weights, practicing yoga or any other movement-based activity they enjoy.
- Eat a variety of foods full of vitamins and minerals to replenish your body, and stay hydrated throughout the day.

## Get 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.



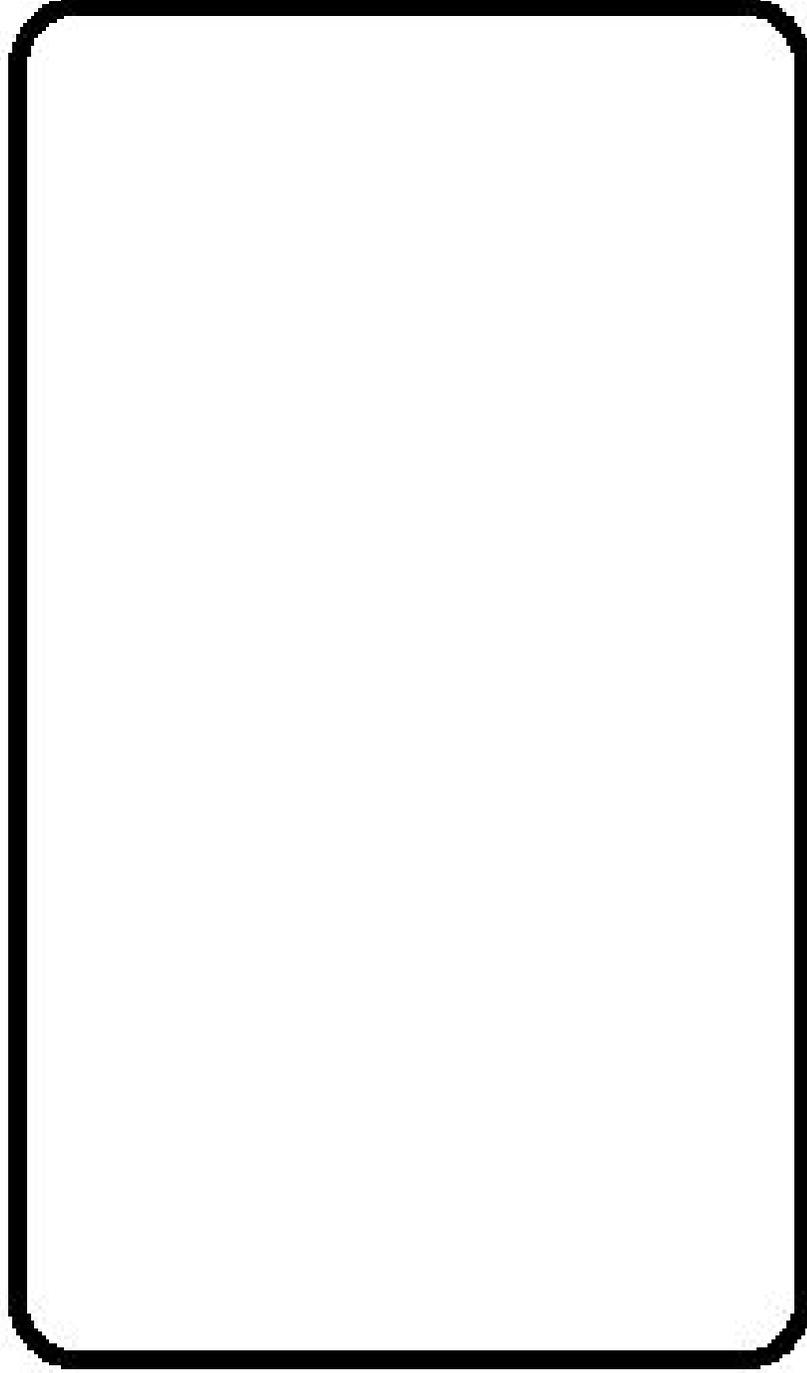
If you plan to run on your own (not in an official race), you might wish to design a bib and wear it while you run! Use the template on the next page and customize it to make it your own. You can add a race name, a number, and any drawings or phrases that will motivate you to keep going. Here's an example:

When your bib is ready, have an adult help you cut it out and attach it to your shirt wearing 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!



girl scouts  
of oregon  
& sw washington

## **Bib template:**



### Add a service element:

Use your goal to make your community happier or healthier! Add a service element to either a training run or your final goal run (like your 5k).

Think about what you like to do, and consider what your community needs. Then, find a way to leverage your athletic goal 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!)
- Report to your city places that are not accessible, like cracks in the sidewalk that wheelchairs can’t get over, or broken street lights.
- 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 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?
2. What was the most enjoyable part of meeting your goal, and how did that make you feel?
3. What are you inspired to do the next time you set a physical movement goal?
4. What is one way you can celebrate your accomplishment and the journey you took?

Congratulations! Order your Girl Scouts Run the World patch through [the GSOSW Shop](#) so you can proudly wear it on your vest.

Have a story or accomplishment to share? Please email [outdoorprogram@girlscoutsw.org](mailto:outdoorprogram@girlscoutsw.org) and let GSOSW staff know how your experience went. You might inspire other Girl Scouts to set their own goals!