

# 5K TRAINING IN P.E. CLASS?

## Interviewer A:

How do you feel about your training?

"Good"

How do you feel through the process?

"Good, I think I got better with my endurance."

What did you do to keep motivated?

"Running with friends helped a lot, I think that it helps that we run with each other."

How did you feel when you finish?

"Great, because I feel like I had accomplished something and I was proud of what I had done."

Did you feel differently physically/mentally at the end of the process? If so, how?

"I wouldn't really say I felt any different because I was running during soccer, which kind of worked hand in hand with my training."

Why do you think we do 5k training at GMS?

"To work up to running the 5k and building endurance."



Recently, schools have decided to put 5k training on a designated school day during the week. Of course, every school's schedule is different so this might not work. If you have a schedule like Gorham Middle School, they have P.E. every day for a quarter of the year. They have given their Thursday periods up to train to run the real deal at the end of the quarter. Training consists of timed runs and walks to help build endurance, so hopefully students can run the entire time given to run the 5 kilometers (3.1 miles).



### Interviewer B:

How do you feel about your training? "It was fine. I tried as hard as I could. It was a challenge, but I pulled through."

How do you feel through/about the process? "Well, I felt like it was a challenge for me and I couldn't really do it, but like I said before, I just pulled through and did it."

What did you do to keep motivated? "Music definitely helped keep me motivated. I feel like my friends in general helped a lot too, and we helped keep each other motivated."

How did you feel when you finished? "I felt really good! I didn't think I would be able to do it, but when I finished, it felt really good."

Did you feel differently physically/mentally at the end of the process? If so, how?  
"Yeah, I definitely felt better about myself knowing that I finished the 5k."

Why do you think we do 5k training at GMS?  
"I think we do it because good for us, and we can get exercise in. Maybe it's just to feel good."

Running is a great part of any curriculum because it helps build endurance that can be used throughout their lives and is a great way to help improve cardiovascular health. The basic definition of cardiovascular exercise is any exercise that raises the heart rate. Cardiovascular exercise helps keep your heart and lungs strong, like moving other muscles keeps them in shape. It also increases bone density, which can make you less susceptible to broken and fractured bones. To add on to those great benefits, having good cardiovascular health reduces stress and allows for better sleep, and many more. Running in general also helps create stronger joints, but if you aren't wearing the proper footwear, it can seriously damage them. Wearing sneakers with enough support is crucial to being able to run regularly because it helps minimize shock to your joints. But if you listen to your body, running is a great way to get into a fitter and happier lifestyle.

