

Unit
1

Unit
2

Unit
3

Unit
4

Blank lined writing area for student work.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

Handwriting practice lines consisting of 28 horizontal lines.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

Running is an easy sport. It has little necessary equipment, and you can do it almost anywhere.

However, beginning runners often find it challenging to develop a habit of running. After that first run,

discouragement over speed, distance, or endurance can overtake a new runner. An underestimation

of the effort that running requires causes this.

JOURNALING

Did you ever play with building blocks when you were younger? What happened if the base

PRACTICING

of what you were building was shaky? Most likely, gravity took over at some point and your tower

VISIONING

collapsed into a pile. Running is like building with blocks. The base needs to be secure before you can

DRAFTING

build upward. In running, endurance is the base. It's what allows a runner to run faster and farther.

COACHING

To increase endurance, beginning runners can use a combination of walking and running.

REFLECTING

At first, the running should be a few short bursts interspersed in a longer walk. For example, a new

runner may exercise for twenty minutes, walking for four minutes and then running for one minute.

Completion of the cycle four times gives the new runner the accomplishment of a twenty-minute

workout. As this becomes easier, the new runner can increase the time spent running and decrease

the time spent walking, or add time wogging. Wogging is a good in-between choice to add to this sequence. For example, in the twenty-minute workout, the new runner might walk for three minutes, run for ninety seconds, and then wog for thirty seconds. This cycle would be repeated three more times to fill the twenty-minute workout. The running periods keep getting longer, and the new runner is soon walking less and less. Once the runner can run for the entire twenty minutes, the focus can shift to distance and speed, running further (e.g., twenty-five minutes) and faster.

Just like building blocks, a solid base allows the runner to build upward, increasing power and stamina. Soon, distances and races that seemed impossible may seem like challenges to be conquered. After all, what's one more building block when you've got a solid base?

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SEEING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

SKETCHING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

SHAPING

SLANT

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CENTRAL QUESTION

REFLECTING

VISION STATEMENT

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

Lined writing area consisting of 20 horizontal lines.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

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COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

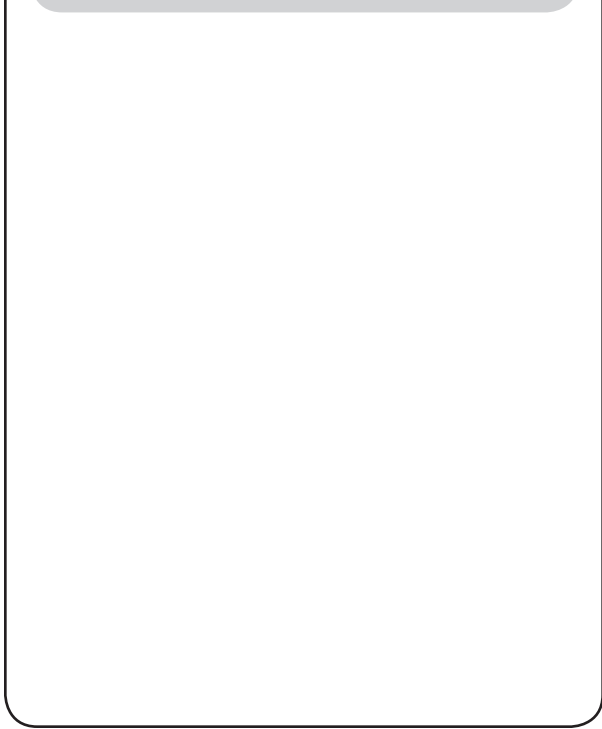
MY IMPROVEMENT PLAN

DRAFTING

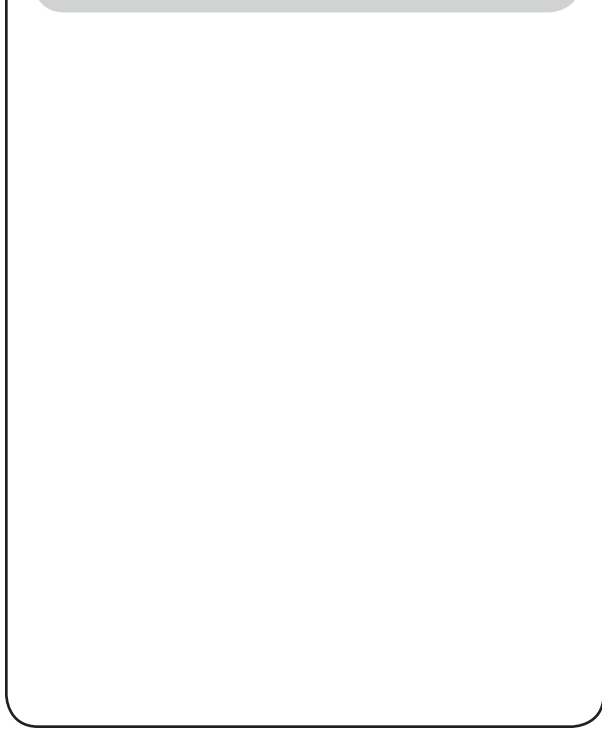
COACHING

REFLECTING

MY WRITING: What's Working



MY QUESTIONS

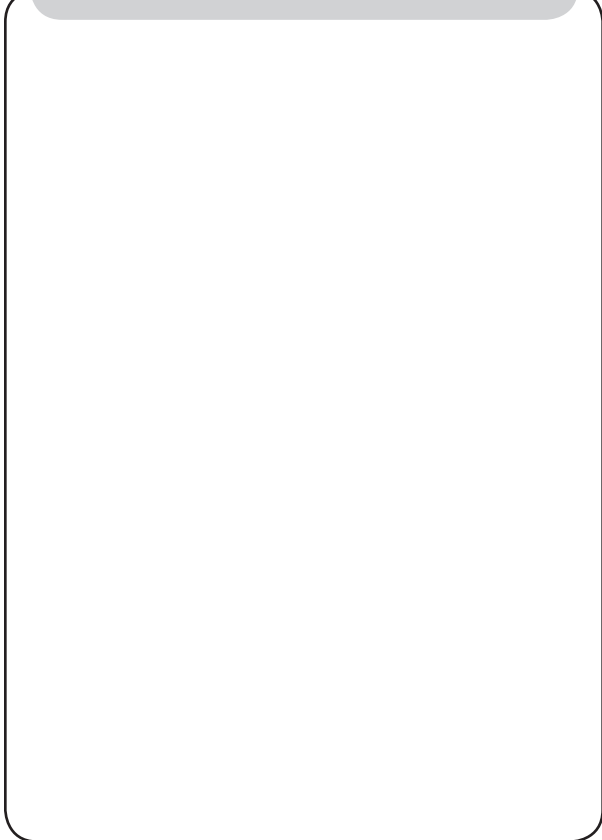


JOURNALING

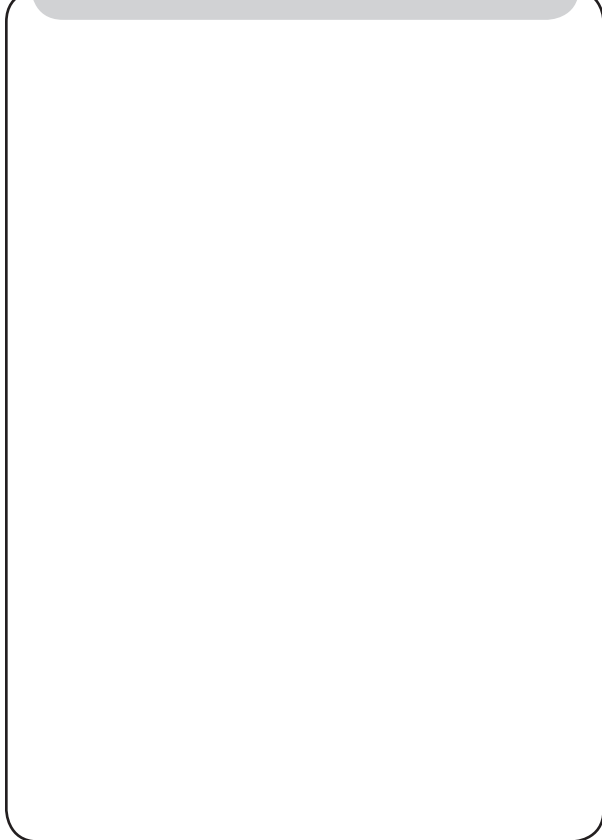
PRACTICING

VISIONING

MY TEACHER'S THOUGHTS



MY IMPROVEMENT PLAN



DRAFTING

COACHING

REFLECTING

MY WRITING: What's Working

MY QUESTIONS

JOURNALING

PRACTICING

VISIONING

MY TEACHER'S THOUGHTS

MY IMPROVEMENT PLAN

DRAFTING

COACHING

REFLECTING

Lined writing area consisting of multiple horizontal lines for text entry.

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING

JOURNALING

PRACTICING

VISIONING

DRAFTING

COACHING

REFLECTING