

2016 Kids Marathon Training Packet

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INTRODUCTION

Congratulations on participating in the Kids Marathon Training Program! The Kids Marathon is a non-timed, non-competitive training program for elementary school students. Each participant will become a full marathon finisher by completing 25.2 miles in the 8-week program, and then run, walk, wheelchair, or jog the 1-mile course on race day. In this packet you will find information on how to successfully achieve your 26.2 mile goal.

FOLLOW THE SUGGESTED SCHEDULE

- ✓ Included in this packet is a suggested schedule so you can complete your 26.2 miles on race day!

TRACK YOUR MILES

- ✓ Have an adult help you track your miles each day you run/walk on the “Mileage Tracker.” Tally up the total for each week at the bottom of the column. If you log 3-4 miles each week for 8 weeks, you can reach your 26.2 mile marathon goal.

MAP YOUR ROUTE

- ✓ To know how far you run/walk each time, it is a good idea to have an adult help you plan and map your run. There are many websites and apps to help.
- ✓ Try using a website such as mapquest.com. Click on “Directions” and then choose the “Walking” icon.
 - For more apps that help you track your mileage, see the **Helpful Resources** page.

SUGGESTED TRAINING SCHEDULE

Week Of	Activity Day #1	Activity Day #2	Activity Day #3	Mileage Goal
Week 1	1 mile	1 mile	1 mile	3 miles
Week 2	1 mile	1 mile	1 mile	3 miles
Week 3	1 mile	1 mile	1 mile	3 miles
Week 4	1 mile	1 mile	1.5 miles	3.5 miles
Week 5	1 mile	1 mile	1.5 miles	3.5 miles
Week 6	1 mile	1 mile	1.5 miles	3.5 miles
Week 7	1 mile	1 mile	1.7 miles	3.7 miles
Week 8	1 mile	1 mile	Get ready for race day!	25.2 miles before race day!!

TRACK YOUR MILES

Week Of	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Goal	Actual
Week 1								3 miles	
Week 2								3 miles	
Week 3								3 miles	
Week 4								3.5 miles	
Week 5								3.5 miles	
Week 6								3.5 miles	
Week 7								3.7 miles	
Week 8									
Total								25.2 miles	



KIDS MARATHON

MILE TRACKER



After each mile you walk, jog, wheelchair, or run, put an "X" through one shoe print. Complete 25.2 footprints before race day and finish the last 1 mile fun run to complete the full 26.2 Kids Marathon! Kids Marathon finishers will receive a medal.



START



FINISH

MAPPING YOUR ROUTE

Map the distance of your own run before you leave!

Try using a website such as mapquest.com.

1. Click on “Directions” and then choose the “Walking” icon.
2. Type your beginning location – such as your home address – and your ending destination.
3. Click the “Round Trip” feature if you plan on returning to your starting location.
4. Click on “Get Directions.” This will be a good indication of the distance of your planned run/walk.



HELPFUL RESOURCES

THERE'S AN APP FOR THAT!!

- ✓ **MyFitness Pal** – great for logging calorie intake and configures cardiovascular exercise for the caloric intake
- ✓ **Footsteps** – logs your steps walked or run along with your calories burned, distance, and duration
- ✓ **MapMyRun** – tells you how far, fast, and everything about your run, while allowing you to share your running routes and progress with your friends on Facebook
- ✓ **Nexercise** – promotes healthy habits by allowing you to play with friends and earning rewards while losing weight and receiving encouragement
 - **This is a great app for those of you who need that extra push!**
- ✓ **Health Tip of the Day** – to give you that extra motivation and continue to spark interest in making those healthy changes
- ✓ **Food educate – Diet – Tracker and Healthy Food Nutrition** helps you lose weight and maintain a healthy diet. This explains what is in your food while offering healthier alternatives
- ✓ **Sleep + Time Alarm Clock and Sleep Cycle Analysis** – for those of you who are trying to get in the habit of exercising earlier in the morning to get your day started! This app monitors your sleep and wakes you up in your lightest form of sleep phase (when you have gotten enough).

HEALTH AND FITNESS WEBSITES

- ✓ **Choose My Plate** – www.choosemyplate.gov
 - Learn all about healthy nutrition, tips to eat healthy on a budget, developing daily food plans, and much more.

- ✓ **Kids Health** – kidshealth.org/teen/food_fitness/
 - The homepage of this website breaks down healthy habits, tips and encouragement for teens, parents, and kids.

- ✓ **President's Council on Fitness, Sports, and Nutrition** – fitness.gov
 - The President's Council engages, educates, and empowers all Americans to adopt a healthy lifestyle that includes regular physical activity and good nutrition.

- ✓ **Kids Eat Right** – www.eatright.org
 - Kids Eat Right is the first joint initiative from the Academy of Nutrition and Dietetics and Academy of Nutrition and Dietetics Foundation. Kids Eat Right is a two-tiered campaign with components for the general public and – for Academy member registered dietitians – with the goal of educating families, communities, and policy makers about the importance of quality nutrition.

