

The Waddell & Reed Kansas City Kids' Marathon

Presented by Children's Mercy Hospitals and Clinics

First: Register for the Waddell & Reed Kansas City Kids' Marathon Presented by Children's Mercy Hospitals and Clinics. Registration can be completed online in the Kids section of KCmarathon.org

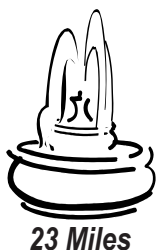
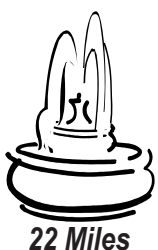
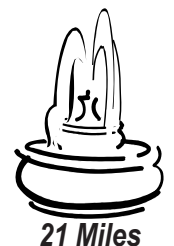
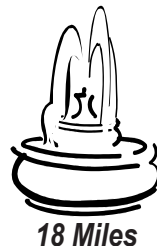
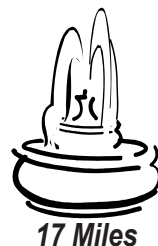
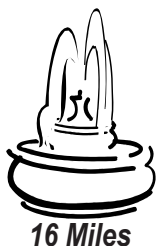
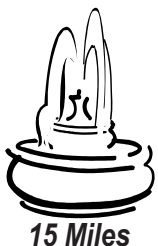
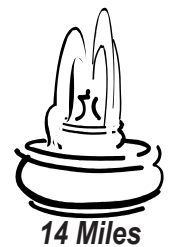
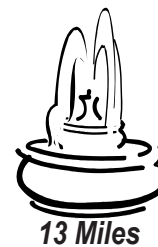
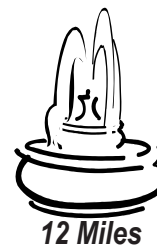
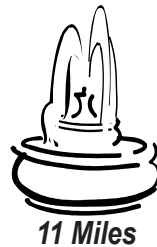
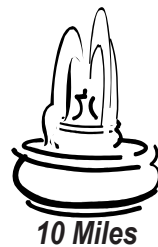
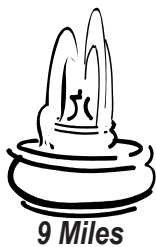
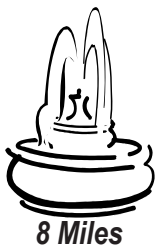
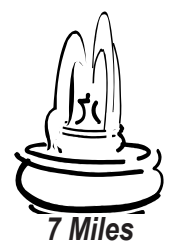
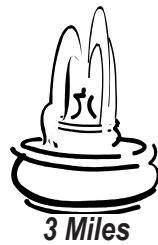
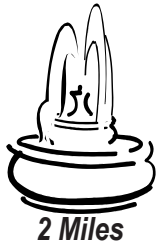
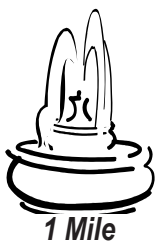
Second: Find a safe place to run.

Third: Walk, run or roll by wheelchair 25 miles before October 15. Color in each fountain as you complete a mile and remember, get a parent or teacher to sign for each mile that you ran. It's okay to complete your weekly mileage in 1/4 mile, 1/2 mile or full mile increments.

Fourth: Come to the Health & Fitness Expo October 13 or October 14 to get your t-shirt and packet. Make sure to bring your training log too so you are eligible for a Kids Marathon finisher certificate.

Fifth: Come run the final 1.2 miles of your marathon at the Waddell & Reed Kansas City Marathon presented by Children's Mercy Hospitals and Clinics at 11:00 am. Plan to arrive early to find a place to warm up.

Questions? email us at kidmarathon@kcmarathon.org or visit us at: www.KCmarathon.org.



Running log for:



Saturday
October 15, 2011



Training Schedule for your Marathon

Below is a training schedule with suggested distances or you can plan your own schedule. If you can only run or walk a little, keep trying. It's okay to complete your weekly mileage in quarter mile, half mile or full mile increments. If you run or walk more than a mile per day, great! If you play a lot of soccer or another sport where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run or walk the final distance on Saturday, October 15. Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for make up days or to give you a rest day during the week. It is important to keep track of your progress towards your goal.

- Week 1 (week of July 26) 1 mile*
- Week 2 (week of August 2) 1 mile*
- Week 3 (week of August 9) 1.5 miles
- Week 4 (week of August 16) 1.5 miles
- Week 5 (week of August 23) 2 miles
- Week 6 (week of August 30) 2 miles
- Week 7 (week of September 6) 2.5 miles
- Week 8 (week of September 13) 2.5 miles
- Week 9 (week of September 20) 2.5 miles
- Week 10 (week of September 27) 3 miles
- Week 11 (week of October 4) 3 miles
- Week 12 (week of October 11) 2.5 miles

*If completing through school in the 2010-11 School year, adjust Weeks 3 and 4 to two miles and Weeks 5 and 6 to two and a half miles.

Training Tips

- * Run or walk with a friend, mom or dad. You can encourage each other that way.
- * Talk while you run or walk. You can maintain the perfect pace that way.
- * Wear running shoes or sneakers with socks. Good shoes helps prevent foot problems or injuries.
- * Drink water before and after your run/walk and throughout the day. Water helps muscles do their work.
- * Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking every day.
- * Eat a well-balanced diet including lots of protein (meat) and carbohydrates (bread or pasta). Be sure to include 5 fruits and/or vegetables every day! Your body needs fuel to do its work!