

WADDELL & REED KIDS' MARATHON  
PRESENTED BY  
CHILDREN'S MERCY HOSPITALS AND CLINICS

# marathon kids' training



Children's Mercy  
HOSPITALS & CLINICS  
[www.childrensmc.org](http://www.childrensmc.org)



Marathon Kid  
**1016**

## Getting To the Starting Line!

Find a training buddy – this could be your classmate, your parents, your dog or even your brother or sister!

## Start Slow and Have Fun!

Running 26.2 miles seems like a HUGE task but you have plenty of time before October 16 to reach the goal. All you need to do is run/walk half a mile (two laps around a track) per day to reach the 26.2 mile goal. Keeping a journal will help measure your milestones and keep record of all your accomplishments!

## Shoes

It is important to protect your feet and body with the proper shoes. The feet are shock absorbers for your body so it's important to get shoes that fit properly and are designed for your feet. Any local shoe store that sells athletic shoes can assist you with a good choice within your price range.

## Eating During Training

What you eat every day makes a big difference in staying healthy and being active.

Carbohydrates are the body's "energy powerhouse" that fuel muscles for activity. Eating foods that are high in carbohydrate like whole grain breads, cereals, and pastas along with a variety of fruits and vegetables is important especially when you are active. Eating three meals and one to two snacks a day can help you do this. Be sure to have a fruit or vegetable with every meal!



## Drinking

Be sure to drink water before, during and after you exercise. You can do this by drinking a glass of water before you go out and another one when you get done. It may also be a good idea to carry a water bottle with you as you exercise if you are likely to get thirsty. For activities that last less than one hour, water is the best drink to hydrate your body. So be sure to drink plenty of water every day!!



# WHAT TO EXPECT

## SUCCESS!

If you practice you will reach your goal! Stay motivated and use your training buddy for encouragement on days you do not feel like exercising. Only you can make your body cross that finish line!

## Sore Muscles

Muscles need time to adjust to new activities so you may feel like your legs are heavy and hard to move when you first start your training. This is normal! Do not stop exercising! This feeling will disappear as you exercise regularly.

**DO STOP** exercising if you feel sharp pains or see swelling. Tell mom, dad or your teacher so a doctor can examine you.

## Tired?

You have been working hard! Make sure if you are feeling more tired to eat three healthy meals a day, drink water and get plenty of sleep! Your body repairs itself while you sleep and does so with the nutrients you feed it and the water you drink every day.

## Weather and Sunlight Changes

During the fall daylight hours decrease, so if you do go out and run/walk at night make sure you wear reflective clothing, carry a small flashlight and go with a partner.

If the weather is bad you can still practice! Try jogging, marching or dancing in place and then stretching inside!



# TRAINING TIPS FOR THE OCTOBER 16 1.2-MILE EVENT

Start slow and easy, and if you need to walk in between running that is OK. The goal is to finish and finish strong! Everyone is a winner at the Waddell & Reed Kids' Marathon presented by Children's Mercy Hospitals and Clinics! Make sure you walk a cool down and stretch well after each run/walk session. Stretching tips are attached.

## Week 1

Run/Walk 2 minutes and 45 seconds, then walk for 20 seconds at a slower pace to cool down, then stretch. Practice this for at least three days this week. On the other days pick your favorite exercise activity and do that for at least 10 minutes (bike, hike, jump rope, etc.).

## Week 2

Run/Walk 3 minutes and 30 seconds, then walk for 30 seconds at a slower pace to cool down, then stretch. Practice this for at least three days this week. On the other days pick your favorite exercise activity and do that for at least 10 minutes (tag, kickball, hopscotch, etc.).

## Week 3

Run/Walk 6 minutes, then walk for 30 seconds at a slower pace to cool down, then stretch. Practice this for at least three days. On the other days pick your favorite exercise activity and do that for at least 10 minutes (skating, riding a scooter, skateboarding, etc.).

## Week 4

Run/Walk 9 minutes, then walk for 1 minute at a slower pace to cool down, then stretch. Practice this for at least three days this week. On the other days pick your favorite exercise activity and do that for at least 10 minutes (basketball, soccer, catch, etc.).

## Week 5

Run/Walk 13 minutes, then walk 30 seconds at a slower pace to cool down, then stretch. Practice this for at least three days. On the other days pick your favorite exercise activity and do that for at least 10 minutes (dancing, cheerleading, tumbling, etc.).

## Week 6

Run/Walk 15 minutes, then walk 1 minute at a slower pace to cool down, then stretch. Practice this for at least three days. On the other days pick your favorite exercise activity and do that for at least 10 minutes (martial arts, hula hoop, etc.).

## Week 7

Race week! This week is the time to make sure you get plenty of rest and eat well! Monday and Wednesday of this week run/walk 5 minutes, then walk 1 minute at a slower pace to cool down, then stretch. Tuesday and Thursday relax and do one of your favorite activities for 10 minutes. Friday take the day off from your run/walk routine and rest. Tomorrow is a big day! Get to bed early and we will see you at the race!



## EATING THE DAY OF THE EVENT:



On the morning of the event, it will be important to eat breakfast so you have enough energy to make it to the finish line! Try to eat at least 2 hours before race time. Examples of good race day breakfast ideas include: a whole grain bagel with a small amount of peanut butter and a banana; or oatmeal with raisins; or a whole grain cereal with strawberries. Pair any of these options with a glass of low-fat or non-fat milk. Be sure to drink plenty of fluids to stay hydrated!



**Now you're ready to cross the finish line!**