

FORT WAYNE 2009 KIDS MARATHON!

FORT4FITNESS
Fort-4-Fitness.org



Kids' Marathon training! One step at a time!

JULY

Get daily activity 60 minutes per day!

Children must be registered in order to participate on race day (September 25), but any child is welcome to participate in the program and join training groups. Registration for the Kids' Marathon is \$10 and is limited to the first 1,000 children.

Go to Fort-4-Fitness.org, click on Kids' Marathon, and download a registration form. You can also register at any training group.

Participants in grades K-8 will run a total of 26.2 miles (a full marathon) over a twelve-week period. Students will build endurance, increase self-confidence and learn to reach goals.

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE GOAL	
WEEK 1	Start strong—keep up with your mileage, and go to a group training.		★ 7	8	9	10	11	mile(s) ADD IT UP!	
				Kids' Marathon KICK-OFF. 5:45 register 6:15 fun run TinCaps ballpark (main, southwest entrance)	mile(s) (parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (parent initials) .25 mile
WEEK 2	List other activities and/or run mile(s) (parent initials) Fill in your miles as you go!	★ 12	★ 13	★ 14	★ 15	★ 16	17	★ 18	mile(s) ADD IT UP!
		mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile
WEEK 3	List other activities and/or run mile(s) (parent initials) Fill in your miles as you go!	★ 19	★ 20	★ 21	★ 22	★ 23	24	★ 25	mile(s) ADD IT UP!
		mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile
WEEK 4	List other activities and/or run mile(s) (parent initials) Fill in your miles as you go!	★ 26	★ 27	★ 28	★ 29	★ 30	31	★ AUG. 1	mile(s) ADD IT UP!
		mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile	mile(s) (parent initials) .25 mile	mile(s) (coach/parent initials) .25 mile



Kids' Marathon
FREE group training

Group runs will help keep kids motivated, and the coach can help with the training schedule.

★ **Mondays** (6-7 p.m.)
Whitley County YMCA
950 E. Van Buren Street
Columbia City, IN 46725

★ **Tuesdays** (6-7 p.m.)
Jorgensen YMCA
10313 Aboite Center Road
Fort Wayne, IN 46804

★ **Wednesdays** (6-7 p.m.)
Southeast YMCA
5125 Werling Drive
Fort Wayne, IN 46806

★ **Thursdays** (6-7 p.m.)
Parkview YMCA
10001 Dawson's Creek Blvd.
Fort Wayne, IN 46825

★ **Saturdays** (9-10 a.m.)
Classic City Center
3375 CR 427
Waterloo, IN 46793



FORT WAYNE 2009 KIDS MARATHON!



Kids' Marathon training!

8 weeks until
race day!

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE GOAL
List other activities and/or run 2 mile(s) (parent initials) Fill in your miles as you go!	★ 3 mile(s) (coach/parent initials) .25 mile	★ 4 mile(s) (coach/parent initials) .25 mile	★ 5 mile(s) (coach/parent initials) .25 mile	★ 6 mile(s) (coach/parent initials) .25 mile	7 mile(s) (parent initials) .25 mile	★ 8 mile(s) (coach/parent initials) .25 mile	mile(s) ADD IT UP!
List other activities and/or run 9 mile(s) (parent initials) Fill in your miles as you go!	★ 10 mile(s) (coach/parent initials) .25 mile	★ 11 mile(s) (coach/parent initials) .25 mile	★ 12 mile(s) (coach/parent initials) .25 mile	★ 13 mile(s) (coach/parent initials) .25 mile	14 mile(s) (parent initials) .25 mile	★ 15 mile(s) (coach/parent initials) .25 mile	mile(s) ADD IT UP!
List other activities and/or run 16 mile(s) (parent initials) Fill in your miles as you go!	★ 17 mile(s) (coach/parent initials) .25 mile	★ 18 mile(s) (coach/parent initials) .25 mile	★ 19 mile(s) (coach/parent initials) .25 mile	★ 20 mile(s) (coach/parent initials) .25 mile	21 mile(s) (parent initials) .25 mile	★ 22 mile(s) (coach/parent initials) .25 mile	mile(s) ADD IT UP!
List other activities and/or run 23 mile(s) (parent initials) Fill in your miles as you go!	★ 24 mile(s) (coach/parent initials) .25 mile	★ 25 mile(s) (coach/parent initials) .25 mile	★ 26 mile(s) (coach/parent initials) .25 mile	★ 27 mile(s) (coach/parent initials) .25 mile	28 mile(s) (parent initials) .25 mile	★ 29 mile(s) (coach/parent initials) .25 mile	mile(s) ADD IT UP!

Training groups are FREE, and a coach will be at each location to encourage and help kids complete 26.2 miles. Participants should check-in with the coach at the beginning and end of each run/walk training session.

Parents: Please attend the training sessions with your children—make it a family goal! Adults are encouraged to participate in training for the Fort-4-Fitness four-mile run/walk that takes place September 26.

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Kids' Marathon training! **4 weeks until race day!** **SEPTEMBER** Get daily activity 60 minutes per day

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE GOAL
	AUGUST 30	AUGUST 31	J 1	S 2	P 3	4	G 5	mile(s) ADD IT UP!
WEEK 9	_____ mile(s) (parent initials) Fill in your miles as you go!	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	
	List other activities and/or run 6	★ Labor Day 7 (Confirm training group run with coach.)	J 8	S 9	P 10	11	G 12	mile(s) Looking good! ADD IT UP!
WEEK 10	_____ mile(s) (parent initials) Fill in your miles as you go!	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	
	List other activities and/or run 13	★ 14	J 15	S 16	P 17	18	G 19	mile(s) ADD IT UP!
WEEK 11	_____ mile(s) (parent initials) Fill in your miles as you go!	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	
	List other activities and/or run 20	★ 21	J 22	S 23	P 24	★ 25	Kids' Marathon RACE DAY!	mile(s) ADD IT UP!
WEEK 12	_____ mile(s) (parent initials) Fill in your miles as you go!	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	_____ mile(s) (coach/parent initials) .25 mile	1.2 mile(s) (coach/parent initials) .25 mile	Check-in: 6 p.m. Race START: 6:30 p.m. Location: TinCaps ballpark (main, southwest entrance)	

HEALTHY TIPS!

- On the days you don't run, do other muscle moving and bone strengthening activities such as hop-scotch, riding your bike, playing basketball or swimming.
- When you're running, you should be able to talk to others.
- Drink plenty of water throughout the day. Wacky fact: Your urine should be the color of lemonade if you're drinking enough water.
- Tell someone if something hurts or you don't feel good while running.

