

THIS BOOK BELONGS TO:

2011 KIDS' MARATHON

# MILEAGE LOGBOOK

INCREMENTAL RUNNING PROGRAM



[Fort4Fitness.org](http://Fort4Fitness.org)



**Lutheran  
Health Network**  
**Lutheran Children's Hospital**

[LutheranHealth.net](http://LutheranHealth.net)

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.

## HOW DO I USE THIS SCHEDULE?

You may need help from an adult.

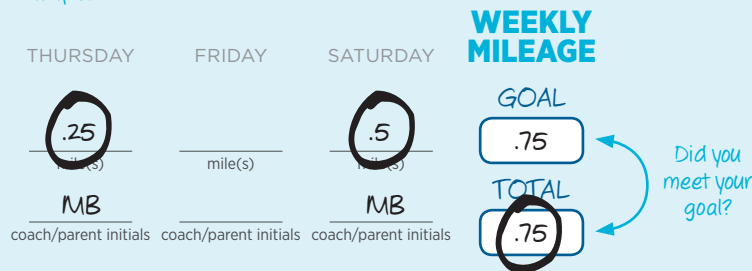
Each runner/walker will be at a different level — and that's perfectly fine! Your goal is to get in at least two miles each week for 13 weeks. That only gets you to 24 miles, so try to squeeze more miles in as your body starts to adjust to running so that you can reach 26.2 miles by race day, September 23. **Ask your coach to write in your recommended weekly mileage goal.**

**BEGINNERS:** Start running/walking .25 to .5 miles every day. Try a combination. For example, one minute walking and one and a half minutes running.

**INTERMEDIATE:** Feel free to run/walk or run the whole time. You should be able to run a half mile (.5) to one mile each day. This means you could exceed 26.2 miles! How far can you run in 13 weeks?

Look at the weekly goal recommendation to plan your mileage for the week. For example, every Sunday, plot your runs/walks for that week. Circle the miles that you actually ran, and be sure to adjust your schedule if you miss a run. Have an adult initial each day you ran/walked. At the end of the week, add it up to see how far you've traveled. Just think, by race day, you'll have run/walked to another city! How cool is that?

Example:



## KIDS' MARATHON FREE GROUP TRAINING

### MONDAYS (6-7 p.m.)

Whitley County YMCA  
950 East Van Buren St. | Columbia City, IN 46725

### TUESDAYS (6-7 p.m.)

Jorgensen Family YMCA  
10313 Aboite Center Road | Fort Wayne, IN 46804

### WEDNESDAYS

Central Branch YMCA (4:30-5:30 p.m.)  
1020 Barr St. | Fort Wayne, IN 46802  
Parkview YMCA (6-7 p.m.)  
10001 Dawson's Creek Blvd. | Fort Wayne, IN 46825  
Foster Park (6-7 p.m.)  
3900 Old Mill Road | Fort Wayne, IN 46807

### THURSDAYS (5:30-6:30 p.m.)

Huntington YMCA  
1160 W. 500 North | Huntington, IN 46750

### SATURDAYS (starting 7/9, 9:30-10:30 a.m.)

Kendallville YMCA  
700 South Garden St. | Kendallville, IN 46755

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 Fort4Fitness four-mile run/walk on September 24.



# FITNESS TESTING CHECK LIST

- Station 1
- Station 2
- Station 3
- Station 4
- Station 5
- Station 6

# 2011 TINCAPS

Collect autographs from the players!

## JUNE | JULY

		SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE
WEEK 1	<b>JUNE 26</b> <i>Kids' Marathon KICKOFF!</i> 5:30 p.m. 1301 Ewing Street	<b>JUNE 27</b>	<b>JUNE 28</b>	<b>JUNE 29</b>	<b>JUNE 30</b>	<b>1</b>	<b>2</b>	GOAL <input type="text"/>	
		mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	TOTAL <input type="text"/>	
	WEEK 2	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	GOAL <input type="text"/>
		mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	TOTAL <input type="text"/>
		WEEK 3	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
mile(s) coach/parent initials	mile(s) coach/parent initials		mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	TOTAL <input type="text"/>	
WEEK 4	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	GOAL <input type="text"/>	
	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	TOTAL <input type="text"/>	
WEEK 5	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	GOAL <input type="text"/>	
	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	mile(s) coach/parent initials	TOTAL <input type="text"/>	

# JULY | AUGUST

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE		
WEEK 6	<b>JULY 31</b> _____ mile(s) _____ coach/parent initials	<b>1</b> _____ mile(s) _____ coach/parent initials	<b>2</b> _____ mile(s) _____ coach/parent initials	<b>3</b> _____ mile(s) _____ coach/parent initials	<b>4</b> _____ mile(s) _____ coach/parent initials	<b>5</b> _____ mile(s) _____ coach/parent initials	<b>6</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>		
	WEEK 7	<b>7</b> _____ mile(s) _____ coach/parent initials	<b>8</b> _____ mile(s) _____ coach/parent initials	<b>9</b> _____ mile(s) _____ coach/parent initials	<b>10</b> _____ mile(s) _____ coach/parent initials	<b>11</b> _____ mile(s) _____ coach/parent initials	<b>12</b> _____ mile(s) _____ coach/parent initials	<b>13</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>	
		WEEK 8	<b>14</b> _____ mile(s) _____ coach/parent initials	<b>15</b> _____ mile(s) _____ coach/parent initials	<b>16</b> _____ mile(s) _____ coach/parent initials	<b>17</b> _____ mile(s) _____ coach/parent initials	<b>18</b> _____ mile(s) _____ coach/parent initials	<b>19</b> _____ mile(s) _____ coach/parent initials	<b>20</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
			WEEK 9	<b>21</b> _____ mile(s) _____ coach/parent initials	<b>22</b> _____ mile(s) _____ coach/parent initials	<b>23</b> _____ mile(s) _____ coach/parent initials	<b>24</b> _____ mile(s) _____ coach/parent initials	<b>25</b> _____ mile(s) _____ coach/parent initials	<b>26</b> _____ mile(s) _____ coach/parent initials	<b>27</b> _____ mile(s) _____ coach/parent initials

# AUGUST | SEPTEMBER

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	WEEKLY MILEAGE		
WEEK 10	<b>AUG. 28</b> _____ mile(s) _____ coach/parent initials	<b>AUG. 29</b> _____ mile(s) _____ coach/parent initials	<b>AUG. 30</b> _____ mile(s) _____ coach/parent initials	<b>AUG. 31</b> _____ mile(s) _____ coach/parent initials	<b>1</b> _____ mile(s) _____ coach/parent initials	<b>2</b> _____ mile(s) _____ coach/parent initials	<b>3</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>		
	WEEK 11	<b>4</b> _____ mile(s) _____ coach/parent initials	<b>5</b> _____ mile(s) _____ coach/parent initials	<b>6</b> _____ mile(s) _____ coach/parent initials	<b>7</b> _____ mile(s) _____ coach/parent initials	<b>8</b> _____ mile(s) _____ coach/parent initials	<b>9</b> _____ mile(s) _____ coach/parent initials	<b>10</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>	
		WEEK 12	<b>11</b> _____ mile(s) _____ coach/parent initials	<b>12</b> _____ mile(s) _____ coach/parent initials	<b>13</b> _____ mile(s) _____ coach/parent initials	<b>14</b> _____ mile(s) _____ coach/parent initials	<b>15</b> _____ mile(s) _____ coach/parent initials	<b>16</b> _____ mile(s) _____ coach/parent initials	<b>17</b> _____ mile(s) _____ coach/parent initials	GOAL <input type="text"/> TOTAL <input type="text"/>
			WEEK 13	<b>18</b> _____ mile(s) _____ coach/parent initials	<b>19</b> _____ mile(s) _____ coach/parent initials	<b>20</b> _____ mile(s) _____ coach/parent initials	<b>21</b> _____ mile(s) _____ coach/parent initials	<b>22</b> _____ mile(s) _____ coach/parent initials	<b>SEPT. 23</b> _____ 1.2 mile(s) _____ coach/parent initials	
							<b>Kids' Marathon RACE DAY!</b> Check-in: 6 p.m. Race START: 6:30 p.m. 1301 Ewing Street			