



HELPING YOUTH
lead healthy, active lives

YOU CAN DO IT! Use this Running Log to track your progress and record your success!

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WELCOME TO KIDS RUN CLUB

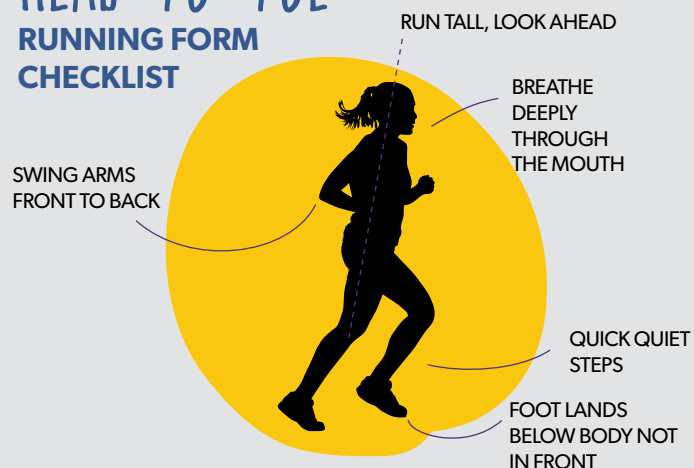
KIDS RUN CLUB is a free school-based running program designed to give children and youth an opportunity to be active through running.

The goal of Kids Run Club is to give you a chance to be active and to learn about healthy lifestyles. The cool thing about the Kids Run Club is, it doesn't matter if you've run before or if you can't run very far. This club will teach you about how to pace yourself and push yourself so that you're guaranteed to have success.

Kids Run Club also teaches you important fundamental movement skills, like running. Learning proper running technique provides you with an important building block required for achieving physical literacy. The program's three training programs (2.1, 4.2 and 5 km) offer a SMART goal teaching tool where you learn to plan, implement and achieve a rewarding challenge.

Welcome to the club!

HEAD-TO-TOE RUNNING FORM CHECKLIST



BENEFITS OF RUNNING

- Improved fitness
- Increased strength and agility
- Feeling better about yourself
- More energy
- Less illness and disease
- Better results at school
- Reduced stress

RUNNING TIPS:

- Run three times per week
- Pace yourself - not too fast
- Push yourself – take 30 extra steps before walking
- Use the head-to-toe running form checklist
- Run with others
- Fuel up with a healthy diet and water
- Increase distance gradually

TIME TO TRAIN

The Kids Run Club program will help you prepare to run 2.1, 4.2 or 5 kilometers by the day of your final run. Each distance has its own training program.

2.1 KM PROGRAM

Run#	Distance (km)
1	1
2	1
3	1
4	1
5	1.5
6	1.5
7	1.5
8	1.5
9	2
10	2
11	2
12	2
13	1
14	2.1 Fun Run!

4.2 KM PROGRAM

Run#	Distance (km)
1	2
2	2
3	2.5
4	2.5
5	2.5
6	3
7	3
8	3
9	3.5
10	3.5
11	3.5
12	4
13	3
14	4.2 Fun Run!

5 KM PROGRAM

Run#	Distance (km)
1	2
2	2
3	2
4	2.5
5	2.5
6	2.5
7	3
8	3
9	3
10	3.5
11	3.5
12	3.5
13	4
14	4
15	4
16	4.5
17	4.5
18	4.5
19	5
20	3.5
21	5 Fun Run!

If you
finish the
4.2 KM
program
you'll have run
a **VIRTUAL**
MARATHON
(42.2 km)
when you
are done!

TRACK YOUR PROGRESS

The biggest mistake most new runners make is going too fast, too far and giving up too soon. To help you stay focused we've included a Running Log where you can track each run and measure your progress.

Being healthy starts long before a visit to the doctor's office

For more information on healthy eating, physical activity and the Kids Run Club, visit www.doctorsNS.com

program sponsors

