



# 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.

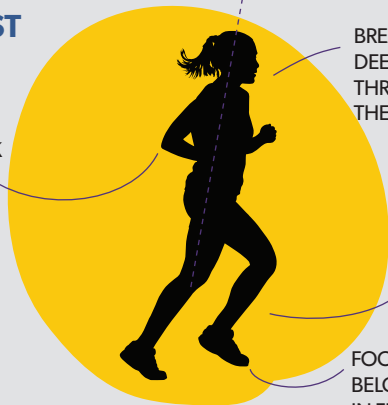
The goal of Kids Run Club is to give you a chance to be active and to learn about healthy lifestyles. The cool thing about the Kids Run Club is, it doesn't matter if you've run before or if you can't run very far. This club will teach you about how to pace yourself and push yourself so that you're guaranteed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

SWING ARMS  
FRONT TO BACK



RUN TALL, LOOK AHEAD

BREATHE  
DEEPLY  
THROUGH  
THE MOUTH

QUICK QUIET  
STEPS

FOOT LANDS  
BELOW BODY NOT  
IN FRONT

## 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.

