

Kids Marathon



Includes Tips and Progress Chart



How to train and Get Fit
Join the challenge
Join the fun



Welcome to your Kids Marathon Training Guide. You will find some great information and fun things to do on the pages that follow. We wish you the best of luck in your running and training and look forward to seeing you at the finish of the Kids Marathon .



What Is The Marathon?



The marathon is the toughest endurance event in the Olympic Games and has such a strong following that events are held on the streets of most major cities throughout the world.

In ancient Greece, Phidippides ran from the plains of Marathon to Athens to report about the Persian war. That is where the marathon got its name. Thousands of years later, people still run but now they do it for fun.








The first Olympic marathon was run in the 1896 Athens Olympics and the winner was Greek runner Spiridon Louis who finished the 40km course in just under three hours. Now marathon courses are slightly longer and the world record is just over two hours.

The official marathon distance is 42.195km. This distance was first used at the 1908 Olympic Games in London. The Marathon began at Windsor Castle and finished in front of the Royal Box at the Olympic Stadium. When this distance was measured it was 42.195km and, in 1921, this distance was adopted as the official marathon distance.

Until the 1970s, marathons were run mainly by men but this changed when women were allowed run in the Olympic Marathon in 1984. Now, about a million people run marathons every year! The Kids Marathon will get you on your way to being physically fit and hopefully you will be a big part of the future of marathons.

Training Tips

Running is a great sport that can be a lot of fun if done correctly. Here are some tips to jump start your program.

-  Wear good shoes and clothes that are comfortable and allow you to move freely
-  Eat healthy foods so you will have energy to run
-  Always do a warm up and stretch before your run
-  Always run in a safe area where your parents, teacher or coach can see you at all times
-  Drink plenty of water each day to help your body run fast
-  Exercise with friends and family to make it fun
-  Have fun and encourage others to do the same!

On the following pages we provide more information to help with your training.

Running Shoes and Clothes

It is important that you have a good pair of running shoes. They don't need to be expensive but they should fit properly and feel comfortable. If you can, keep your running shoes just for running - otherwise they wear out more quickly and your feet will feel more tired. Wear clothes that are comfortable and allow you to move freely.

Eating and Running



What you eat before exercise can make a big difference. Don't eat anything 5-10 minutes before exercise, as your body will focus on digestion rather than exercise. A banana or peanut butter sandwich 30-45 minutes before running is a good option. Avoid foods that are sugary or high in fat as they do not provide long term energy. Instead, try an apple, dried fruit or a handful of nuts.

Warm Up

Do some light stretching (see later in the book) to warm up your muscles. Once you've stretched you can do some more active movements to get your heart pumping.

Find New Places to Run - Don't Get Bored!

You can run just about anywhere as long as it is safe - you may need to keep in view of your parents or teacher when running. You can run around your suburb or town (get mum or dad to drive around in the car to see how far you are running), along the beach, the school oval, local parks or one of the bike paths or trails in your area.



Training Tips



Water - Stay Hydrated

Make sure you drink plenty of water all day, especially before and after running. Water makes up two thirds of the weight of the human body and 95% of the human brain is water! Water is important to the mechanics of our body - just like a car needs petrol and oil, our bodies need water. Water regulates our body temperature, helps fight against disease, flushes out toxins and regulates metabolism. So drink up!

Run With Friends/Family

Training by yourself can get boring so try and find some friends with whom you can run. Other members of your family may be able to join in for some runs or you can train with your brother/sister if they are entered in the Kids Marathon too. Your school might organise training sessions before or after school, lunchtime or as part of your PE program.... ask your teachers. You can even take your dog for a run!

Relax When You Run

Try and keep your neck, face shoulder and arms all relaxed. Your body should be upright... don't lean forward like when you cross the finish line in the 100m but keep your posture relaxed and upright.

Pace Yourself

Try and keep a steady pace while running. If you start too quickly, you will tire near the end of the run. It is a much better idea to run at a steady pace from beginning to end - one where you can talk to your friends or family while running without being short of breath.

Walk If You Need To - It's OK!

If you're feel tired, alternate running and walking. You are still doing your required kilometres but this makes it easier, especially when you are just starting out. If you get any soreness or discomfort, walk for

a while. When rested, start running again. You can even 'count the light poles' - run for the distance between two light poles, then walk to the next one, then run two poles, etc. You will find your fitness builds up very quickly and soon you will be running past all the poles!

Weather

Training in hot or cold weather can affect your running. During summer try running early morning or late evening when it is not as hot and run slower on very hot days. If it is cold give muscles a bit of time to warm up to avoid injuries. You will still warm up very quickly so don't wear too many clothes as it can get uncomfortable. If it's really cold wear a beanie and gloves as you lose most of your body heat through your head and your hands. And, remember in summer.....



Wear sun block and a hat!

Stay Motivated & Keep It Fun

When doing your training alternate with some other activities such as riding your bike, swimming, ball games, etc. Count how many steps you take in a kilometre, add them up and keep a record in your training log. You will be surprised how the numbers grow! You can do the same thing in your classroom at school.

Achieve Your Goals

Set small goals along the way to your final goal. Start by running for 5 minutes and build up your schedule. On marathon Sunday you will cross the finish line of the Kids Marathon and receive your medal. How great is that!

Have Fun and Encourage Others To Do the Same!

Warm up and Cool Down

Warm Up

When your muscles are "cold", they are not at their best. Muscles need a few minutes of activity to warm up and reach their full potential. By doing an easy jog and some "light" stretching before you begin to run fast, jump high, or play your favourite sport, you bring a warm feeling to the muscles that are helping your body to move. This blood warms the muscle which helps it to stretch further and with less chance of injury. Rod Dixon is the International Ambassador of the Kids Marathon. Best remembered for his win in the 1983 New York City Marathon, Rod is also a triple Olympian, representing NZ in the 1500m, 5000m and marathon.

Here's some of Rod's favourite warm up activities.



Cool Down

Follow up your run with another easy activity (maybe walking) and some "light" stretching. This will make you feel better after your run and help you to recover for the next day.

A Couple of Quick Hints

The importance of rest and recovery

Believe it or not, rest and recovery are a huge part of a good fitness program. When you do exercise, your body makes changes so that each time you do the same activity, you can do it even better. However, your body can only make these changes if you allow it to rest. Getting enough rest means:



1. Getting a good night's sleep



2. Including relaxing activities in your daily routine like reading and spending time with your family just talking



3. Taking a nap if you're feeling tired

Believe in yourself!!

Have confidence that you can accomplish anything in life. If you think you can run the Kids Marathon, you probably can. You just have to believe in yourself and try your best. If you do that,

YOU ARE SURE TO SUCCEED!



Training Schedule



Read your entry form or check on the website for a recommended training schedule.

Follow your schedule and colour in your footstep on the Kilometre Countdown Chart each time you run a kilometre.

Once you have coloured in all your footsteps you will have completed 40 kilometres.

Then, run the last 2.195 kilometres on the marathon course on marathon day and become an official finisher of the Kids Marathon.

Good luck!

START



Kids Marathon Kilometre Countdown Chart

Running Tips

Wear Good Shoes

Wear a Hat

Put Sun Screen On

Drink Water

Stretch Before
and After

STOP if Painful

Have Fun

FINISH

My Personal Training Log

Take some time at the end of each training week to **look back** on the fun you had. Think of all the **great things you did** for yourself and your body. **Write some of them** in your log along with how you feel about your training so far. Next, think of how you can make the next week even better! After the 3rd week, **begin scoring yourself** in each of the listed areas from 1 to 10. Add the three scores up and see if you can **improve from week to week**. Be honest with yourself when scoring.

Week 1: _____

Week 2: _____

Week 3: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 4: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 5: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____



Week 6: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 7: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

Week 8: _____

Eating Habits: _____ Effort in Training: _____ Fun: _____ Total: _____

HEY KIDS.....

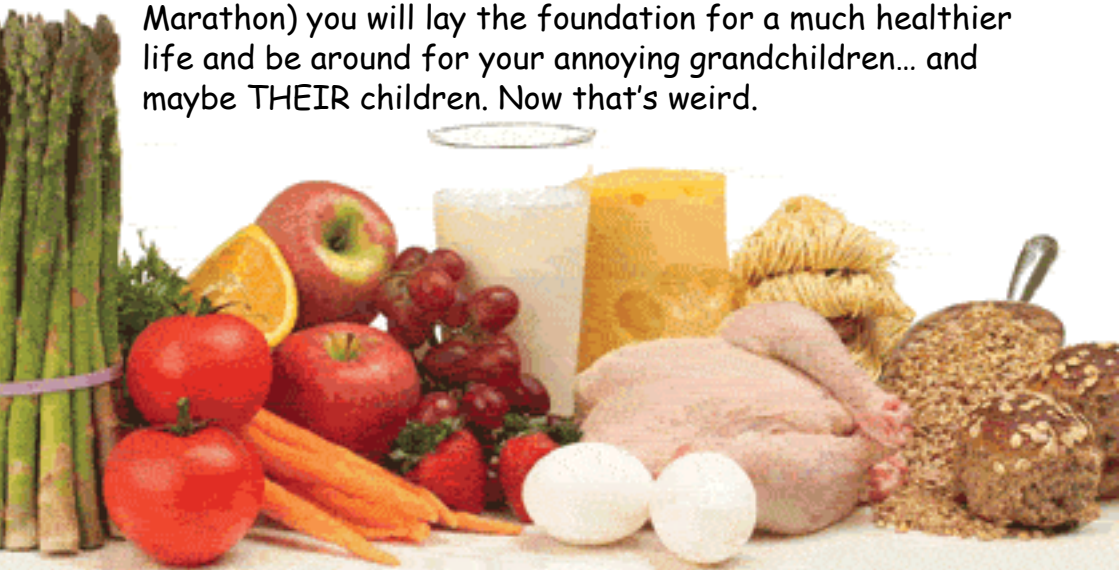
Your growing bodies need your help....

What goes in, must come out... sooooo... if you put good foods into your body, they will convert to fuel and energy you'll feel better, have more energy and run faster.

If you put unhealthy foods into your body, you'll feel like a sludge machine and it will turn to fat.... but you know that!!!

Does your mum's car run on soapy water? No, it runs on petrol, which is the correct fuel for a car. Does your dog run on kitty litter? No, he runs on dog food (and maybe some of your socks). Dog food is the proper fuel for a dog. I know YOU don't eat kitty litter... but those potato chips that you sometimes munch aren't far from it. You've got to give your body the things that are right for it, the things that will make it healthy and function at its absolute best.

HERE'S A WEIRD FACT: Someday, you are going to be old. Probably older than your parents are now. If you choose the right foods now, **MOST OF THE TIME**, and keep your body moving (which you are already doing with the Kids Marathon) you will lay the foundation for a much healthier life and be around for your annoying grandchildren... and maybe THEIR children. Now that's weird.



HOW? HERE'S HOW:

1. GO LOW: Yogurt, salad dressings, cheese... go for the low fat versions... you won't even know the difference but your body will have a lot less grease to deal with. Stay away from the grease: hot chips, take away foods. No complaining... you can have those things once in a while but, most of the time, see

if you can make better choices.

What is a protein rich food? How about....

- 1. MEAT, FISH (including tuna), CHICKEN, TURKEY:** red meats and darker fish (tuna and salmon) provide not only protein but iron and zinc. Iron helps oxygen get from the lungs to the muscles and zinc is important for growth and healing.
- 2. EGGS:** lots of protein in that tiny package
- 3. DRIED BEANS:** sound boring? How about homus, chilli, lentil soup, chickpeas, split peas and yummy baked beans... sounding a lot better, isn't it?
- 4. NUTS AND SEEDS:** almonds, sunflower seeds, pumpkin seeds, maybe not the flower seeds
- 5. GO FOR THE MOO POWER!!** Milk, yogurt and cheese... all low fat of course. Milk not only gives you needed protein but has lots of calcium for growing bones, of which you are full!!

2. MIX IT UP:

Eat a variety of good foods. Put some banana on your cereal, have a yogurt with your peanut butter sandwich, have some vegetables and rice with that chicken. That way you're filling up on the right foods!

Protein is important for your body to grow and for building strong muscles. Try to have a protein rich food at least twice a day.

Nutrition



CARB'S ARE KID'S FRIENDS—if they are the right CARB's, that is. Healthy carbohydrates from grains, fruits and veggies are the best source of muscle fuel.

1. GRAINS: wheat, rice, corn and oats. Whole grains are the best... even if they are brown. If you actually try whole wheat bread or pasta, you would find the taste is even sweeter. But white bread and pasta aren't all bad - they are often fortified with vitamins - so try to mix it up a bit

2. FRUITS AND VEGETABLES: nature's vitamin pills! They provide the "spark plugs" you need for your "engine" to run smoothly and powerfully. You should have lots of them each day.

Ask your mum or dad to help you have some handy vegetable snacks ready by having cut up carrots, cucumber slices, celery and maybe cut up capsicum strips ready in the fridge - they are great with some low fat dressing as a dip! And be sure to have at least one vegetable with every meal.

And what could be yummiier than a banana and strawberries when you feel like something sweet? Instead of reaching for the biscuits - try some fruit instead. What could be sweeter?

Try to eat lots of "colours" of fruits and vegetables:

Red: cherries, strawberries, tomatoes

Blue: blueberries

Purple: grapes, plums, eggplant

Green: kiwi fruit, grapes, avocado

Orange: oranges, mandarins, carrots, pumpkin

Yellow: pineapple, squash

White: apples, bananas, potatoes

KICK OFF THE DAY with a great breakfast - don't skip it ever. It will help control your appetite and energy for the day. And don't forget: orange juice is a fruit!!

JUNK FOOD

It's going to be there.... just try not to eat it. And if you do, don't eat a lot of it. Try for better choices. Listen to your body because it really doesn't want junk food. And remember that fast food is called fast because it moves through your body so fast that it doesn't leave any nutrition in it. Yuk? Hey, you ordered it!



MOST IMPORTANT: WATER

Drink lots of it - your body needs it, especially now that you are a Kids Marathon runner. Sometimes it helps to put a bit of fruit juice in your water... makes it taste better.

Soft drinks? Your body is screaming NO!!! Lots of nasty sugar. And the chemicals in diet soft drinks are even worse. They can cause a build up of methane gas in your stomach and that leads to very smelly... gas. Sorry but it's true.

Sports drinks: These are best suited to adults. It's better to have water with a bit of cranberry juice or orange juice in it.

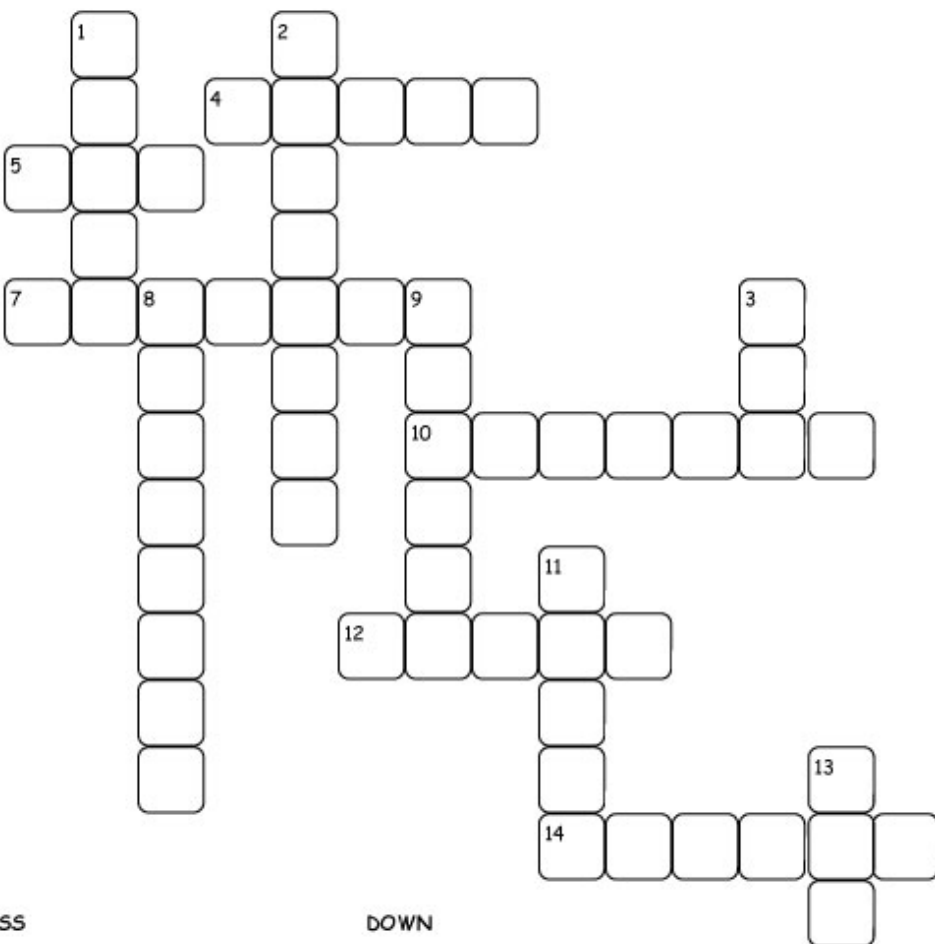
Fruit juices: Better than soft drink but add some water to them to cut down on the sugars.

Now you have some great information so that you can fuel your body.... and it's going to need it because you are running the same distance as a marathon!!! So fuel up properly and get ready for the long run.

Finishing is winning. Good luck!!



Kids Marathon Activities



ACROSS

4. You need lots of this every day
5. Friends make exercise ____
7. _____ before & after every run
10. A person who plays a sport or runs
12. Wear these on your feet
14. At which Olympics was the marathon distance established

DOWN

1. Source of vitamins & minerals
2. What event is 42.195km
3. When you are in shape, you're ____
8. Kids Marathon International Ambassador
9. _____ & fitness
11. Award for completing your Kids Marathon
13. This is where you record your weekly achievements

My Marathon Memories



You are now a Marathoner. Place your finisher's certificate or a picture of yourself, either in training or at the Kids Marathon, so you can share your experience with your friends and family.



Thank you for your participation.

Special thanks to the contribution from the enthusiastic teachers and parents.

See you next year!

- **Canberra • Perth • Hunter • Cities**
- **Hamilton • Adelaide**

www.kidsmarathon.org

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