

MARATHON KIDS

SESSION CARDS: 96 SESSIONS

“Running is the classical road to self-consciousness, self-awareness and self-reliance.”

Noel Carroll

Irish Olympic middle-distance runner

SESSION CARDS: Set of 96

INSTRUCTIONS: Use these session cards to ensure your runners are on track to achieving their 104.8-mile goal. They include a warm-up activity, a safe short-term distance goal and a cool down activity. We've even included running tips to improve form and motivation to keep your kids going each day.

There are 96 sessions to be completed over the course of your season. Distance goals begin at 0.5 miles and end at 1.5 miles per session.

Additionally, **use the running games**, located at the back of this packet, to change up the pace and keep sessions fresh for your club throughout the season. Questions about using these cards? Contact the Marathon Kids team at programs@marathonkids.org or 512-477-1259.

SESSION CARD EXAMPLE:

Your distance goal for the day. Each goal is broken in 1/4 mile increments so that you can track your progress on the Mileage logs. If you reach this short-term goal each session you will reach your long-term goal of 104.8 miles.

Use these simple running tips to build good running form and help prevent injury.

Session number.

Motivation is key to long-term behavior adoption. Use high fives, cheering and the ideas included here to help keep kids' motivation levels high during each session.

MARATHON KIDS

Running Tip
Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity
Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

Motivation Tip
Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity
Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

GOAL: AT LEAST 1.5 MILES

75 of 96

73.5 OF 104.8 MILES

26.2	52.4	78.6	104.8
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Warming up is important for preventing injuries. Use these activities to get your runners ready for their session.

Proper cool-down activities help prevent soreness and speed muscle recovery.

This section will remind you where your runners should be at on their journey to reaching 104.8 miles. Remember, each time they complete the distance of a marathon, they will earn another reward.

These boxes will change color based upon which of the four marathons your runners are currently working on.

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

0.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

1.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

1.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

2.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Work hard: Slow or fast, a mile is a mile. All that matters is that we do our best.

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

2.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run tall: Keep the body lengthened and upright. Avoid hunched posture or exaggerated leaning.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Show appreciation: Coaches are determined to help runners meet their goals. Give them a high-five today.

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

3.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

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of 96

GOAL: AT LEAST 0.5 MILES

Motivation Tip

Take a chance: Every accomplishment starts with the decision to try.

Cool-down Activity

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

3.5 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Thrive: Physically educated and active kids are more likely to thrive academically and socially.

Cool-down Activity

One runner is the shark. The other runners are the fish. Whatever the shark does the fish have to copy. Repeat until cool.

4.25 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Start in push-up position. Legs "climb the mountain" for 20 seconds. Hands stay on ground. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Track progress: Setting a goal and keeping track of daily progress keeps runners motivated and excited.

Cool-down Activity

Use body to spell out Marathon Kids, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

5.0 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Mix it up: Make a list of favorite ways to be physically active; find a new thing to add to that list each month.

Cool-down Activity

Stand, reach backwards and grab left ankle with right hand, bending knee. Work on balance. Hold for 20 seconds. Switch legs. Repeat until cool.

5.75 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Encourage others: Support teammates by giving them high fives and cheering them on when they need an extra push.

Cool-down Activity

Kids take turns to demonstrate their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

6.5 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Eyes ahead: Eyes should look forward and head should be parallel to the ground when running.

Warm-up Activity

Make 30 circles with both arms at same time. Next, make 10 circles with one straight leg lifted off ground. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Hydrate: Remember to always drink plenty of water; it's important to keep the body hydrated.

Cool-down Activity

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

7.25 OF 104.8 MILES **26.2** 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Continue until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Rest: It's important to first listen to our bodies. Walk or rest when needed.

Cool-down Activity

Repeat warm-up with less green lights and more yellow and red lights. Repeat until cool.

8.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Make a simple obstacle course. Ideas include zig-zagging between cones, hopping over imaginary lines, etc. Continue until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Keep going: Don't give up! Together we can do this!

Cool-down Activity

Repeat warm-up but at a slow (walking) pace.

8.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Dance break: 20 minutes of dancing is the equivalent of one mile of running.

Cool-down Activity

Walk in place until heartrate slows. Then, make snow angels on the ground for 20 seconds. Rest, then repeat until cool.

9.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Keep it fresh: Ask parents, friends, and Coaches what's their favorite way to get physical activity and try it out!

Cool-down Activity

Walk in circles on tip toes for 20 seconds. Walk in circles on heels for 20 seconds. Repeat until cool.

10.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Offer support: Be a good team player. Always cheer on running club teammates as they reach their goals.

Cool-down Activity

March in place for 30 seconds, pumping knees high and arms from side to side. Rest, then repeat until cool.

11.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Straight line: Keep all body elements (arms, legs, etc.) moving in a straight line forward when running.

Warm-up Activity

Crawl on hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Have each runner pick his/her favorite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

11.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

12.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

13.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

14.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

14.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Work hard: Slow or fast, a mile is a mile. All that matters is that we do our best.

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

15.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Efficient movement: Avoid head bobbing, swaying arms or feet pointed away from the centerline of the body when running.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Show appreciation: Coaches are determined to help runners meet their goals. Give them a high-five today.

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

16.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Take a chance: Every accomplishment starts with the decision to try.

Cool-down Activity

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

17.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 0.75 MILES

Motivation Tip

Thrive: Physically educated and active kids are more likely to thrive academically and socially.

Cool-down Activity

One runner is the shark. The other runners are the fish. Whatever the shark does the fish have to copy. Repeat until cool.

17.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Start in push-up position. Legs "climb the mountain" for 20 seconds. Hands stay on ground. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Track progress: Setting a goal and keeping track of daily progress keeps runners motivated and excited.

Cool-down Activity

Use body to spell out Marathon Kids, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

18.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Mix it up: Make a list of favorite ways to be physically active; find a new thing to add to that list each month.

Cool-down Activity

Stand, reach backwards and grab left ankle with right hand, bending knee. Work on balance. Hold for 20 seconds. Switch legs. Repeat until cool.

19.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Encourage others: Support teammates by giving them high fives and cheering them on when they need an extra push.

Cool-down Activity

Kids take turns to demonstrate their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

20.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax: Avoid clenching muscles, especially in the upper body/face when running.

Warm-up Activity

Make 30 circles with both arms at same time. Next, make 10 circles with one straight leg lifted off ground. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Hydrate: Remember to always drink plenty of water; it's important to keep the body hydrated.

Cool-down Activity

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

21.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Continue until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Rest: It's important to first listen to our bodies. Walk or rest when needed.

Cool-down Activity

Repeat warm-up with less green lights and more yellow and red lights. Repeat until cool.

22.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Make a simple obstacle course. Ideas include zig-zagging between cones, hopping over imaginary lines, etc. Continue until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Keep going: Don't give up! Together we can do this!

Cool-down Activity

Repeat warm-up but at a slow (walking) pace.

23.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Dance break: 20 minutes of dancing is the equivalent of one mile of running.

Cool-down Activity

Walk in place until heartrate slows. Then, make snow angels on the ground for 20 seconds. Rest, then repeat until cool.

24.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Keep it fresh: Ask parents, friends, and Coaches what's their favorite way to get physical activity and try it out!

Cool-down Activity

Walk in circles on tip toes for 20 seconds. Walk in circles on heels for 20 seconds. Repeat until cool.

25.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Celebrate! Today we will complete our first marathon (26.2 miles) and receive our Marathon Kids shirts!

Cool-down Activity

March in place for 30 seconds, pumping knees high and arms from side to side. Rest, then repeat until cool.

26.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Lean: Bend at the ankles, not at the waist when running.

Warm-up Activity

Crawl on hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Have each runner pick his/her favorite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

27.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Opposites: The opposite arm and leg should swing at the same time when running.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

28.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Opposites: The opposite arm and leg should swing at the same time when running.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

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GOAL: AT LEAST 1.0 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

29.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Opposites: The opposite arm and leg should swing at the same time when running.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

30.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Opposites: The opposite arm and leg should swing at the same time when running.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

31.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Opposites: The opposite arm and leg should swing at the same time when running.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Work hard: Slow or fast, a mile is a mile. All that matters is that we do our best.

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

32.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Arms and hands should move forward, not sideways across the chest.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Show appreciation: Coaches are determined to help runners meet their goals. Give them a high-five today.

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

33.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Arms and hands should move forward, not sideways across the chest.

Warm-up Activity

Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

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of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Take a chance: Every accomplishment starts with the decision to try.

Cool-down Activity

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

34.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Arms and hands should move forward, not sideways across the chest.

Warm-up Activity

Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

44
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Thrive: Physically educated and active kids are more likely to thrive academically and socially.

Cool-down Activity

One runner is the shark. The other runners are the fish. Whatever the shark does the fish have to copy. Repeat until cool.

35.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Arms and hands should move forward, not sideways across the chest.

Warm-up Activity

Start in push-up position. Legs "climb the mountain" for 20 seconds. Hands stay on ground. Rest, then repeat until warm.

45
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Track progress: Setting a goal and keeping track of daily progress keeps runners motivated and excited.

Cool-down Activity

Use body to spell out Marathon Kids, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

36.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Arms and hands should move forward, not sideways across the chest.

Warm-up Activity

Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

46
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Mix it up: Make a list of favorite ways to be physically active; find a new thing to add to that list each month.

Cool-down Activity

Stand, reach backwards and grab left ankle with right hand, bending knee. Work on balance. Hold for 20 seconds. Switch legs. Repeat until cool.

37.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Elbows: Keeping elbows close to the side of the body prevents unnecessary arm swing.

Warm-up Activity

Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

47
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Encourage others: Support teammates by giving them high fives and cheering them on when they need an extra push.

Cool-down Activity

Kids take turns to demonstrate their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

38.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Elbows: Keeping elbows close to the side of the body prevents unnecessary arm swing.

Warm-up Activity

Make 30 circles with both arms at same time. Next, make 10 circles with one straight leg lifted off ground. Rest, then repeat until warm.

48
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Hydrate: Remember to always drink plenty of water; it's important to keep the body hydrated.

Cool-down Activity

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

39.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Elbows: Keeping elbows close to the side of the body prevents unnecessary arm swing.

Warm-up Activity

Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Continue until warm.

49
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Rest: It's important to first listen to our bodies. Walk or rest when needed.

Cool-down Activity

Repeat warm-up with less green lights and more yellow and red lights. Repeat until cool.

40.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Elbows: Keeping elbows close to the side of the body prevents unnecessary arm swing.

Warm-up Activity

Make a simple obstacle course. Ideas include zig-zagging between cones, hopping over imaginary lines, etc. Continue until warm.

50
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Keep going: Don't give up! Together we can do this!

Cool-down Activity

Repeat warm-up but at a slow (walking) pace.

41.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Elbows: Keeping elbows close to the side of the body prevents unnecessary arm swing.

Warm-up Activity

Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

51
of 96

GOAL: AT LEAST 1.0 MILES

Motivation Tip

Dance break: 20 minutes of dancing is the equivalent of one mile of running.

Cool-down Activity

Walk in place until heartrate slows. Then, make snow angels on the ground for 20 seconds. Rest, then repeat until cool.

42.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Angle: A 90° angle bend in the arm ensures compact, efficient movement when running.

Warm-up Activity

Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

52
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Keep it fresh: Ask parents, friends, and Coaches what's their favorite way to get physical activity and try it out!

Cool-down Activity

Walk in circles on tip toes for 20 seconds. Walk in circles on heels for 20 seconds. Repeat until cool.

44.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Angle: A 90° angle bend in the arm ensures compact, efficient movement when running.

Warm-up Activity

Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

53
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Offer support: Be a good team player. Always cheer on running club teammates as they reach their goals.

Cool-down Activity

March in place for 30 seconds, pumping knees high and arms from side to side. Rest, then repeat until cool.

45.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Angle: A 90° angle bend in the arm ensures compact, efficient movement when running.

Warm-up Activity

Crawl on hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.

54
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Have each runner pick his/her favorite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

46.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Angle: A 90° angle bend in the arm ensures compact, efficient movement when running.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

55
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

47.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Angle: A 90° angle bend in the arm ensures compact, efficient movement when running.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

56
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

49.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Swing: Arms should swing from the shoulder, not the elbow. Hands should move in a line from hip to chest when running.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

57
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

50.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Swing: Arms should swing from the shoulder, not the elbow. Hands should move in a line from hip to chest when running.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

58
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

51.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Swing: Arms should swing from the shoulder, not the elbow. Hands should move in a line from hip to chest when running.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

59
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Woohoo! Today we'll complete our second marathon (52.4 miles). And we get sweet shoelaces! We're halfway to 104.8. Let's keep running!

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

52.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Swing: Arms should swing from the shoulder, not the elbow. Hands should move in a line from hip to chest when running.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

60
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Show appreciation: Coaches are determined to help runners meet their goals. Give them a high-five today.

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

54.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Swing: Arms should swing from the shoulder, not the elbow. Hands should move in a line from hip to chest when running.

Warm-up Activity

Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

61
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Take a chance: Every accomplishment starts with the decision to try.

Cool-down Activity

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

55.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax & lengthen: Relaxing the upper body while lengthening the spine allows for easier breathing when running.

Warm-up Activity

Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

62
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Thrive: Physically educated and active kids are more likely to thrive academically and socially.

Cool-down Activity

One runner is the shark. The other runners are the fish. Whatever the shark does the fish have to copy. Repeat until cool.

56.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax & lengthen: Relaxing the upper body while lengthening the spine allows for easier breathing when running.

Warm-up Activity

Start in push-up position. Legs "climb the mountain" for 20 seconds. Hands stay on ground. Rest, then repeat until warm.

63
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Track progress: Setting a goal and keeping track of daily progress keeps runners motivated and excited.

Cool-down Activity

Use body to spell out Marathon Kids, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

57.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax & lengthen: Relaxing the upper body while lengthening the spine allows for easier breathing when running.

Warm-up Activity

Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

64
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Mix it up: Make a list of favorite ways to be physically active; find a new thing to add to that list each month.

Cool-down Activity

Stand, reach backwards and grab left ankle with right hand, bending knee. Work on balance. Hold for 20 seconds. Switch legs. Repeat until cool.

59.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax & lengthen: Relaxing the upper body while lengthening the spine allows for easier breathing when running.

Warm-up Activity

Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

65
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Encourage others: Support teammates by giving them high fives and cheering them on when they need an extra push.

Cool-down Activity

Kids take turns to demonstrate their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

60.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Relax & lengthen: Relaxing the upper body while lengthening the spine allows for easier breathing when running.

Warm-up Activity

Make 30 circles with both arms at same time. Next, make 10 circles with one straight leg lifted off ground. Rest, then repeat until warm.

66
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Hydrate: Remember to always drink plenty of water; it's important to keep the body hydrated.

Cool-down Activity

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

61.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run lightly: Footfall should be as soft and quiet as possible rather than pounding into the ground when running.

Warm-up Activity

Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Continue until warm.

67
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Rest: It's important to first listen to our bodies. Walk or rest when needed.

Cool-down Activity

Repeat warm-up with less green lights and more yellow and red lights. Repeat until cool.

62.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run lightly: Footfall should be as soft and quiet as possible rather than pounding into the ground when running.

Warm-up Activity

Make a simple obstacle course. Ideas include zig-zagging between cones, hopping over imaginary lines, etc. Continue until warm.

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of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Keep going: Don't give up! Together we can do this!

Cool-down Activity

Repeat warm-up but at a slow (walking) pace.

64.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run lightly: Footfall should be as soft and quiet as possible rather than pounding into the ground when running.

Warm-up Activity

Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

69
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Dance break: 20 minutes of dancing is the equivalent of one mile of running.

Cool-down Activity

Walk in place until heartrate slows. Then, make snow angels on the ground for 20 seconds. Rest, then repeat until cool.

65.25 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run lightly: Footfall should be as soft and quiet as possible rather than pounding into the ground when running.

Warm-up Activity

Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

70
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Keep it fresh: Ask parents, friends, and Coaches what's their favorite way to get physical activity and try it out!

Cool-down Activity

Walk in circles on tip toes for 20 seconds. Walk in circles on heels for 20 seconds. Repeat until cool.

66.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Run lightly: Footfall should be as soft and quiet as possible rather than pounding into the ground when running.

Warm-up Activity

Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

71
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Offer support: Be a good team player. Always cheer on running club teammates as they reach their goals.

Cool-down Activity

March in place for 30 seconds, pumping knees high and arms from side to side. Rest, then repeat until cool.

67.75 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity

Crawl on hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.

72
of 96

GOAL: AT LEAST 1.25 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Have each runner pick his/her favorite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

69.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

73
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

70.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

74
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

72.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

75
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

73.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Mid-foot: Land on the mid-foot, rather than the toes or heel when running.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

76
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

75.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Feet and knees should point forward in a straight line when running.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

77
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Work hard: Slow or fast, a mile is a mile. All that matters is that we do our best.

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

76.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Feet and knees should point forward in a straight line when running.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

78
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Show appreciation: Coaches are determined to help runners meet their goals. Give them a high-five today.

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

78.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Feet and knees should point forward in a straight line when running.

Warm-up Activity

Walk backwards like a crab on hands and feet for a designated distance. Repeat until warm.

79
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Amazing! Today we'll finish our third marathon (78.6 miles). Our shoe tags will let everyone know how awesome we are!

Cool-down Activity

Sit with legs outstretched, shoulder-width or more apart. Lean forward and try to touch toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

79.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Feet and knees should point forward in a straight line when running.

Warm-up Activity

Do high knees for 20 seconds. Jog in place, bringing knees up as high as they will go. Rest, then repeat until warm.

80
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Thrive: Physically educated and active kids are more likely to thrive academically and socially.

Cool-down Activity

One runner is the shark. The other runners are the fish. Whatever the shark does the fish have to copy. Repeat until cool.

81.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Direction: Feet and knees should point forward in a straight line when running.

Warm-up Activity

Start in push-up position. Legs "climb the mountain" for 20 seconds. Hands stay on ground. Rest, then repeat until warm.

81
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Track progress: Setting a goal and keeping track of daily progress keeps runners motivated and excited.

Cool-down Activity

Use body to spell out Marathon Kids, one letter at a time. Hold each letter for 3 seconds. Repeat until cool.

82.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Stride: Focus on short, quick strides with feet popping off the ground. This should have a natural feel and default to what is comfortable.

Warm-up Activity

Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat until warm.

82
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Mix it up: Make a list of favorite ways to be physically active; find a new thing to add to that list each month.

Cool-down Activity

Stand, reach backwards and grab left ankle with right hand, bending knee. Work on balance. Hold for 20 seconds. Switch legs. Repeat until cool.

84.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Stride: Focus on short, quick strides with feet popping off the ground. This should have a natural feel and default to what is comfortable.

Warm-up Activity

Pretend to be jumping rope for 30 seconds. Rest, then repeat until warm.

83
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Encourage others: Support teammates by giving them high fives and cheering them on when they need an extra push.

Cool-down Activity

Kids take turns to demonstrate their favorite stretch while the group copies. Remember to stretch gently and slowly. Repeat until cool.

85.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Stride: Focus on short, quick strides with feet popping off the ground. This should have a natural feel and default to what is comfortable.

Warm-up Activity

Make 30 circles with both arms at same time. Next, make 10 circles with one straight leg lifted off ground. Rest, then repeat until warm.

84
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Hydrate: Remember to always drink plenty of water; it's important to keep the body hydrated.

Cool-down Activity

Stand with feet shoulder-width apart. Touch the ground for 20 seconds. Touch right foot for 20 seconds. Switch legs. Repeat until cool.

87.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Stride: Focus on short, quick strides with feet popping off the ground. This should have a natural feel and default to what is comfortable.

Warm-up Activity

Act like cars while Coach calls out a traffic light color. Run on green. Walk on yellow. Stop on red. Continue until warm.

85
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Rest: It's important to first listen to our bodies. Walk or rest when needed.

Cool-down Activity

Repeat warm-up with less green lights and more yellow and red lights. Repeat until cool.

88.5 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Stride: Focus on short, quick strides with feet popping off the ground. This should have a natural feel and default to what is comfortable.

Warm-up Activity

Make a simple obstacle course. Ideas include zig-zagging between cones, hopping over imaginary lines, etc. Continue until warm.

86
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Keep going: Don't give up! Together we can do this!

Cool-down Activity

Repeat warm-up but at a slow (walking) pace.

90.0 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Knee: Bend and lift off the ground in front of the body when running.

Warm-up Activity

Spread arms out to sides. Bend at waist and touch right hand to left foot. Stand up, then touch left hand to right foot. Repeat until warm.

87
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Dance break: 20 minutes of dancing is the equivalent of one mile of running.

Cool-down Activity

Walk in place until heartrate slows. Then, make snow angels on the ground for 20 seconds. Rest, then repeat until cool.

91.5 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Knee: Bend and lift off the ground in front of the body when running.

Warm-up Activity

Flap arms like a bird for 20 seconds. Now jog in place while flapping arms for 20 seconds. Repeat until warm.

88
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Keep it fresh: Ask parents, friends, and Coaches what's their favorite way to get physical activity and try it out!

Cool-down Activity

Walk in circles on tip toes for 20 seconds. Walk in circles on heels for 20 seconds. Repeat until cool.

93.0 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Knee: Bend and lift off the ground in front of the body when running.

Warm-up Activity

Turn on music and dance in place for 30 seconds. Stop the music. Rest, then turn the music back on and repeat until warm.

89
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Offer support: Be a good team player. Always cheer on running club teammates as they reach their goals.

Cool-down Activity

March in place for 30 seconds, pumping knees high and arms from side to side. Rest, then repeat until cool.

94.5 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Knee: Bend and lift off the ground in front of the body when running.

Warm-up Activity

Crawl on hands and feet, like a bear, from one designated spot to another. Rest, then repeat until warm.

90
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Have each runner pick his/her favorite cool down exercise and perform for 30 seconds. Rest, then repeat until cool.

96.0 OF 104.8 MILES

26.2

52.4

78.6

104.8

MARATHON KIDS

Running Tip

Knee: Bend and lift off the ground in front of the body when running.

Warm-up Activity

Spell out "Marathon Kids" while doing jumping jacks. Rest, then repeat until warm.

91
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Stick to it: When trying to form healthy habits, making a schedule and sticking to it is really important.

Cool-down Activity

Reach up and touch the sky for 20 seconds. Now, reach down and touch toes for 20 seconds. Repeat until cool.

97.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Breathe deeply: Relax and focus on taking easy, full breaths.

Warm-up Activity

Jog in place for 30 seconds, then jump in place for 30 seconds. Rest, then repeat until warm.

92
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Get 60: Kids need at least 60 minutes of moderate-to-vigorous physical activity (MVPA) every day.

Cool-down Activity

Walk together as a team for at least 1/4 mile. Don't leave anyone behind. Keep walking until cool.

99.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Breathe deeply: Relax and focus on taking easy, full breaths.

Warm-up Activity

Move arms in big forward circles for 30 seconds, followed by backwards circles for 30 seconds. Rest, then repeat until warm.

93
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Fun run: Running with friends and family is not only safer, it makes working towards a goal that much more fun.

Cool-down Activity

Pretend to be at the beach, walking through deep sand, jumping over waves, shaking off the sand. Continue until cool.

100.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Breathe deeply: Relax and focus on taking easy, full breaths.

Warm-up Activity

Jump like a frog 10 times. Touch the ground and reach for the sky during each jump. Rest, then repeat until warm.

94
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Brain food: Fitness is associated with higher test scores. A healthy lifestyle means a healthy brain.

Cool-down Activity

Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat until cool.

102.0 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Breathe deeply: Relax and focus on taking easy, full breaths.

Warm-up Activity

Do 10 tuck jumps. Jump up and tuck knees up to chest. Land with knees bent. Rest, then repeat until warm.

95
of 96

GOAL: AT LEAST 1.5 MILES

Motivation Tip

Dig deep: When our legs start to get tired, we run with our heart.

Cool-down Activity

Pretend to be climbing a really tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest, then repeat until cool.

103.5 OF 104.8 MILES 26.2 52.4 78.6 104.8

MARATHON KIDS

Running Tip

Breathe deeply: Relax and focus on taking easy, full breaths.

Warm-up Activity

Bring one leg straight up, bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step until warm.

96
of 96

GOAL: AT LEAST 1.3 MILES

Motivation Tip

Wow. Today we celebrate completing 104.8 miles. What an amazing journey! We get to wear our wristband proudly! Way to go!

Cool-down Activity

Start in push-up position. Bring one knee forward. Touch the heel of the other foot to the ground. Hold 20 seconds, then switch legs. Repeat until cool.

104.8 OF 104.8 MILES 26.2 52.4 78.6 104.8

“When you cross the finish line, no matter how slow or fast, it will change your life forever.”

Dick Beardsley

American long-distance runner

RUNNING GAMES

INSTRUCTIONS: Use these running games to switch up the activities your club will be doing throughout the season. These games are a good way to keep things fresh with your runners, and can be incorporated for any length of time during each session.

RUNNING GAME EXAMPLE:

Running game name.

MARATHON KIDS

RED LIGHT, GREEN LIGHT

Goal: 20 minutes of activity = 1 mile **Materials:** none

Objective:
To move quickly from the starting line to the finish line when the "light is green."
To work on reaction time when the "light turns red".

Instructions:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. When Coach says "green light" players may start running towards the finish line
4. When Coach says "red light" all players must freeze where they are and wait for the "light to turn green" again.
5. If a player doesn't stop moving quickly enough, they return to the starting line and start over.
6. The first player to cross the finish line wins
7. Keep playing back and forth until time runs out.

This section will state the objective of each game. Use this to help your runners understand the main goals and purpose of the activity.

Marathon Kids has converted time spent doing each game to an amount of mileage. Performing these games for the following lengths of time will allow runners to track the corresponding mileage on their Mileage Log:

5 min = 0.25 mi
10 min = 0.50 mi
15 min = 0.75 mi
20 min = 1.0 mi

Check here to see if any additional materials are needed for each game.

Follow these simple instructions to successfully set up and run each game.

*Are there other running games you have used that have been successful? We'd love to share them with other Coaches! If you have some great ideas, send them to the Marathon Kids team at programs@marathonkids.org and we'll spread the word.

MARATHON KIDS

THE CONE GAME

Goal: 20 minutes of activity = 1 mile

Materials: small cones

Objective:
To be the team with the most cones in their designated position (either sitting upright or laying down) after a designated amount of time.

Instructions:

1. Before starting, spread out cones far enough apart to ensure running.
2. Half of the cones should be sitting upright and half should be laying down to start.
3. Split players into two teams: one team in charge of laying cones down, the other in charge of keeping cones upright.
4. Teams run around and move the cones to upright or lying down positions.
5. When the time is up, count the number of cones upright and laying down, then identify the winning team.
6. Play two rounds so each team gets the chance to do each activity.

MARATHON KIDS

MUSICAL FROGS

Goal: 20 minutes of activity = 1 mile

Materials: music, pads/dots

Objective:
To be the last "frog" on a lily pad when the game is over. Similar to musical chairs with a focus on getting kids more physically active.

Instructions:

1. Set up the "lily pads" (paper, dots, pillows, etc.) in a large circle, using one less pad than the total number of players.
2. Organize players around the lily pads in a circle. When music starts, all players start hopping like frogs around the circle.
3. When music stops, the "frogs" need to get to a lily pad as quickly as possible.
4. There won't be enough pads for everyone. Whoever doesn't get to a lily pad is out.
5. Before each round, remove another lily pad.
6. Continue the game until only one winning frog remains on the final lily pad.

MARATHON KIDS

BALLOON STOMP

Goal: 20 minutes of activity = 1 mile

Materials: balloons, string

Objective:
To pop other players' balloons with feet while protecting own balloon from getting popped.

Instructions:

1. Inflate enough balloons for each player.
2. Each player gets a balloon and a string.
3. Tie one end of the string to the inflated balloon, and the other end around ankle.
4. Players run around, trying to pop other people's balloons by stomping on them while protecting their own balloon.
5. Players may not touch own balloon with their hands, and both feet must stay on the ground except for running or stomping (no hopping on one foot to protect balloon).
6. The last player with an unpopped balloon is the winner.

MARATHON KIDS

BLOB TAG

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To be the last player not attached to the Blob.

Instructions:

1. One player start as "it" and runs around trying to tag the other players.
2. If a player gets tagged, they must join hands with the person who tagged them - they have now started to form the Blob, and they are both "it."
3. The Blob must stay connected and keep trying to tag other players, who then also become part of the Blob.
4. The Blob will keep growing and working together until all of the players have been tagged.
5. The last player to be tagged wins.

MARATHON KIDS

ANIMAL FRIENDS

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To get moving and having fun by having players act like their favorite animals. This can also be a great ice breaker/get-to-know-you game.

Instructions:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. Players take turns suggesting their favorite animals to act like.
4. When an animal has been chosen, players act like the animal as they run/move from the starting line to the finish line and back.
5. Repeat until everyone has chosen an animal or until time runs out.

MARATHON KIDS

SHARKS AND MINNOWS

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To be the last minnow swimming, as well as to keep moving throughout the entire game.

Instructions:

1. Choose 1-2 players to be the "sharks" trying to tag the other players, or "minnows."
2. Designate both a starting and a finish line.
3. Minnows start on the starting line and slowly "swim" (jog/run) forward.
4. When Coach yells "SHARK ATTACK!" the minnows must "swim" quickly to the finish line, past the shark(s) without being tagged.
5. Once tagged, minnows become sharks too.
6. Continue the game (running back and forth) until there are only 1-2 minnows left.
7. These minnows become the sharks in the next round.

MARATHON KIDS

FOUR CORNERS

Goal: 20 minutes of activity = 1 mile

Materials: small cones

Objective:
To get moving by running from corner to corner and to learn a variety of new exercises.

Instructions:

1. Using cones, designate 4 corners.
2. Players start at any corner they want to.
3. Coach stands in the middle of the space.
4. Coach closes eyes and says "GO!", and players run to a different corner of their choosing (spread out to all 4 corners).
5. Coach, eyes still closed, points to a corner (now open eyes).
6. Players in that corner must do an exercise chosen by Coach while everyone else counts to 5,10, etc.
7. Keep going, switching up exercises, until time is up.

MARATHON KIDS

EVERYONE'S IT

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To get the whole group moving at once with the goal of tagging as many other players as possible. To practice goal setting and achieving through friendly competition. Additionally, stress the importance of honesty and how it relates to goal achieving.

Instructions:

1. Set boundaries for the playing area.
2. Players must stay in bounds. If a player goes out of bounds they will have to do an activity (ex: 10 jumping jacks).
3. Everyone's goal is to tag as many other players as possible.
4. Players should keep count of how many others they have tagged.
5. When tagged, nothing happens to the player. They just keep playing!
6. When game ends, ask players to say how many others they tagged.
7. For the next round, players set a goal for themselves and try to meet/exceed it.

MARATHON KIDS

RED LIGHT, GREEN LIGHT

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To move quickly from the starting line to the finish line when the "light is green." To work on reaction time when the "light turns red".

Instructions:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. When Coach says "green light" players may start running towards the finish line
4. When Coach says "red light" all players must freeze where they are and wait for the "light to turn green" again.
5. If a player doesn't stop moving quickly enough, they return to the starting line and start over.
6. The first player to cross the finish line wins
7. Keep playing back and forth until time runs out.

MARATHON KIDS

FREEZE DANCE

Goal: 20 minutes of activity = 1 mile

Materials: music

Objective:
To get moving and acting silly when the music is playing. To practice balance and work on reaction time when the music stops.

Instructions:

1. Players spread out in an open area.
2. When the music starts, players dance/jump/move with the music.
3. When the music stops, players must freeze and hold that position until the music starts again.
4. For older players, if they don't hold their frozen pose until the music starts, they will have to do an activity (ex: 10 jumping jacks) chosen by Coach.
5. Keep playing for an entire song or until time runs out.

MARATHON KIDS

JUMP JUMP

Goal: 20 minutes of activity = 1 mile

Materials: none

Objective:
To be the first to reach the finish line while still following the directions!

Instructions:

1. Designate both a starting and finish line.
2. Players line up on the starting line.
3. Coach calls out directions like: One jump! Two jumps! Four one-footed jumps!
4. Players move forward towards the finish line while doing each activity.
5. Continue to give jumping directions until players reach the finish line.
6. If players don't follow directions, they return to the starting line and start over.
7. The first player to cross the finish line wins
8. Keep playing back and forth until time runs out.

MARATHON KIDS

NEWSPAPER RACE

Goal: 20 minutes of activity = 1 mile

Materials: newspaper

Objective:
To keep the newspaper from falling to the ground. The more players run, the longer their newspaper will stay up!

Instructions:

1. Players spread out with a sheet of newspaper.
2. Coach demonstrates how to run with the newspaper. First hold it on chest, start running, then let go. The wind resistance keeps the newspaper in place.
3. Play a test round to learn the process.
4. Start the first round, encouraging players to keep running fast to keep their newspapers from falling.
5. Players are out once their newspaper falls.
6. Last person to be running with their newspaper still against their chest wins!
7. Keep playing until time runs out.

MARATHON KIDS



CONNECT WITH US

Visit our website at MARATHONKIDS.ORG or contact us at **512-477-1259**.

We also offer a Marathon Kids program for families so parents and kids can start their own running clubs at home. Visit our website to learn more.

Marathon Kids is a nonprofit organization committed to improving children's health through a fun, goal-driven youth running program—and it's partnering with Nike to get even more kids moving.

Nike believes in the power of sport and physical activity to help athletes* reach their human potential and ultimately to transform the world. Nike is excited to partner with Marathon Kids to give kids positive, early experiences in sport and physical activity to get them active for life. **If you have a body, you're an athlete.*

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