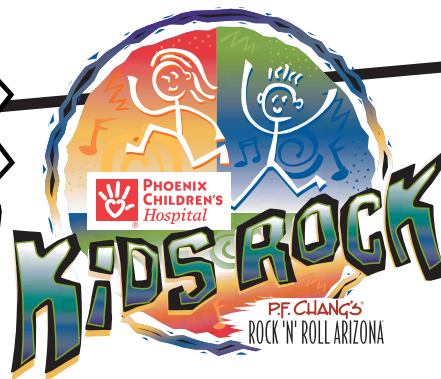


# TRAIN TO ROCK

## Modified Marathon Training Program



Kids get ready to **rock**, with the Phoenix Children's Hospital **Kids Rock Modified Marathon Training Program!**

Follow the training program below.

- Walk, jog, or run 25.2 miles over a period of 10 weeks.
- Keep track on the **KIDS ROCK Training Log** of how many miles you walk, jog, or run.
- Finish your final mile by walking, jogging, or running on January 13, 2008 at the Phoenix Children's Hospital Kids Rock.

**Congratulations, you completed a marathon!**

Follow the training program to complete your 25.2 miles before January 13th

|                | Day 1           |          | Day 2          |          | Day 3           |          | Day 4           |          | Day 5          |          | Total Distance |
|----------------|-----------------|----------|----------------|----------|-----------------|----------|-----------------|----------|----------------|----------|----------------|
|                | Runners         | Walkers  | Runners        | Walkers  | Runners         | Walkers  | Runners         | Walkers  | Runners        | Walkers  |                |
| <b>Week 1</b>  | 400m walk/jog   | 4 min    | 400m walk/jog  | 4 min    | 400m walk/jog   | 4 min    | 400m walk/jog   | 4 min    | 400m jog       | 4 min    | 1.25 miles     |
| <b>Week 2</b>  | 800m walk/jog   | 8 min    | 400m jog       | 4 min    | 800m walk/jog   | 8 min    | 400m jog        | 4 min    | 800m walk/jog  | 8 min    | 2 miles        |
| <b>Week 3</b>  | 800m walk/jog   | 8 min    | 400m jog       | 4 min    | 800m walk/jog   | 8 min    | 400m jog        | 4 min    | 800m walk/jog  | 8 min    | 2 miles        |
| <b>Week 4</b>  | 800m jog        | 4-8 min  | 800m jog       | 4-8 min  |                 | off      | 800m jog        | 4-8 min  | 800m jog       | 4-8 min  | 2 miles        |
| <b>Week 5</b>  | 1200m walk/jog  | 8-12 min | 1200m walk/jog | 8-12 min |                 | off      | 1200m walk/jog  | 8-12 min | 1200m walk/jog | 8-12 min | 3 miles        |
| <b>Week 6</b>  | 1200m jog       | 8-12 min | 1200m jog      | 8-12 min |                 | off      | 1200m jog       | 8-12 min | 1200m jog      | 8-12 min | 3 miles        |
| <b>Week 7</b>  | 1-mile walk/jog | 8-16 min | 800m jog       | 4-8 min  |                 | off      | 1-mile walk/jog | 8-16 min | 800m jog       | 4-8 min  | 3 miles        |
| <b>Week 8</b>  | 1-mile jog      | 8-16 min | 800m walk/jog  | 4-8 min  |                 | off      | 1-mile jog      | 8-16 min | 800m walk/jog  | 4-8 min  | 3 miles        |
| <b>Week 9</b>  | 1-mile jog      | 8-16 min |                | off      | 1-mile walk/jog | 8-16 min |                 | off      | 1-mile jog     | 8-16 min | 3 miles        |
| <b>Week 10</b> | 1-mile jog      | 8-16 min |                | off      | 1-mile jog      | 8-16 min |                 | off      | 1-mile jog     | 8-16 min | 3 miles        |

Training program and tips created by Steve Scott- America's greatest miler. Steve holds the American record in the mile with a time of 3:47.69. He is a three-time Olympian, and former 5000-meter world record holder.

### Parent's corner

- This is an individual, optional training program.
- Kids do not need to complete this program to participate in the race.
- This is a 10-week program intended to begin the week of November 6. If started later, kids can make up distance on "off" days.
- Kids can walk, run or jog.
- This program is designed for kids to gain a sense of accomplishment and to have fun with exercise. This is not a competitive racing program.
- If your child has not exercised for a long time, is overweight, or has any family or existing health problems, have them see their physician before beginning this program.

**Warm-up** - Before every workout begin with 3 minutes of jogging to warm-up, followed by at least 3 minutes of stretching.

**Cool-down** - After every workout you should cool-down. The cool-down allows your body to go from "exercise mode" to rest while quickening the recovery from the strains and stresses of the workout. Each cool-down should consist of 3 minutes of easy jogging/walking and some modified stretching.

**Good pace** - A steady comfortable stride that can be maintained for a long period of time. You should be able to talk while running or walking.

**Walkers** - Faster pace than a normal walk.

**Runners** - Faster pace than a jog.