

# KIDS ROCK

## TRAINING GUIDE



# KiDS ROCK

To parents, young athletes, coaches and school administrators-

Welcome to the KiDS ROCK Training Guide developed for children and teenagers that want to get involved in running, jogging, walking and being a part of our KiDS ROCK Fun Run events. Along with the dedication and benefits of living a healthy lifestyle, you will now become a **ROLE MODEL** for your friends, family members and various other people that will want to hear your stories on what motivates you to stay healthy.

In the next few pages of this document, you will find training tips, training programs and nutrition suggestions. This information is provided to educate you on how to successfully support your child/student or as an athlete, get through your next 25.2 miles of training with your goal to complete your final mile with us at a KiDS ROCK event.

For our athletes: you can complete the miles on your own, join a running club at your school or better yet, start a running club at your school, church or local park. Leadership skills are also very important when trying to stay healthy. Starting or joining a running program truly takes the idea, the planning and the support along with **YOUR** motivation to finish what you started. If you have the passion, then everything else should fall into place.

Thank you, in advance, of your decision to be a healthy role model.  
You **ARE** our future!  
The KiDS ROCK Team  
and The IRONMAN  
Foundation



## INTRODUCTION

Before you begin your training, here are some important tips. Running is a great sport that can be a lot of fun if done correctly, so use this check-list to get the most out of your program.

1. Always run in a safe, well-lit area where your parents, teacher, or coach can see you at all times.
2. Wear clothes and shoes that are comfortable, fit well and allow you to move freely.
3. Always do a warm-up and stretch before and after you run.
4. Exercise with friends and family to make it fun.
5. Eat healthy foods so you'll have energy to run.
6. Drink plenty of water each day to keep your body hydrated.
7. Have fun and encourage others to do the same!

## A Runner's Checklist

Here is a list of things to help you start off on the right foot!

- ☐ Running shoes that fit well & have support
- ☐ A pair of comfortable athletic shorts
- ☐ A t-shirt made of breathable material
- ☐ Good friends to train with
- ☐ A positive, healthy attitude
- ☐ Motivate your family to join you
- ☐ Rest & Recovery must be included



## Training Tips

### Warm-Up

When your muscles are cold, they're not at their best. Muscles need a few minutes of activity to warm-up and reach their full potential. Do an easy jog and some light stretching before you begin to run fast, jump high, or play your favorite sport. Warming up your muscles helps them stretch farther with less chance of injury. This extra stretch, just like a rubber band, helps your muscles create more power. Below are some stretches.

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F[`ZaV[W E] [bb[` Y I S] [` Y'g` YW 8daY'g\_ be ■ Jumping Jacks



### Cool-Down

Follow your workout with another easy activity like walking and some light stretching. This will make you feel better after your run and help you recover for the next day.







# Rest and Recovery ZZZZZZZZZZZZ

Believe it or not, rest and recovery are a huge part of a good fitness program. When you exercise, your body makes changes so that the next 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:

- Getting a good night sleep. Eight hours is good; **nine** hours is better.
- Including mental relaxation in your daily routine like reading and spending time with your family.
- Taking a nap if you are feeling tired.
- Making sure you stay hydrated and are eating nutritious meals even on your recovery days
- Allocating enough time to do your homework and help your parents with chores around the house
- Holding your training partners accountable for rest days too
- Tracking your recovery days is as important as logging your miles
- Practicing yoga and other calming types of meditation
- Appreciating the small things but big things found in nature like sunrises, sunsets, and beautiful moons

"Anyone Can Work Hard,  
But The Best Have The Discipline To Recover"

Lauren Fleshman



## Training Schedule

Start with running a very easy warm-up. Then choose your color-coded workout for the day from the chart on the next page. Also - remember to finish with 5 more minutes of cool-down exercises - stretching is very important for your muscles! You can choose any day of the week to train. When you have accomplished the week's training, have your teacher, coach or parent initial the check box.

### Warm-up routine:

Week #1 & #2 run an 4 minute warm-up Week #3 & #4 run an 5 minute warm-up Week #5 & #6 run an 6 minute warm-up Week #7 & #8 run an 7 minute warm-up

### Race day preparation:

- 2 days before race day = easy running for 4 minutes, race pace for 1 minute and finish with easy running for 5 minutes
- 1 day before race day = rest, no running at all

### Sample workout:

- Warm-up running routine for the day (4-7 minutes, see warm-up routine)
- 5 minutes of warm-up exercises
- Choose color-coded workout
- Cool down with 5 more minutes of exercises and/or walking
- Get your teacher, coach or parent to initial check-box

### Suggestions Where You Can Run:

- Safe parks with good lighting (always have an adult)
- Your neighborhood (be cautious of cars)

### Definition of running words:

- Easy Running = slow jog, conversational pace (you should be able to talk while you are running!)
- Race Pace = how fast you run in the KiDS ROCK finale!
- Fast Pace = somewhere in between your race pace and a sprint – but not all out - quick, light on your feet running, but NOT running as fast as you can



**Run 6.3, 4.2 or 3.15 miles per week**

**4 week training program:**  
Run 6.3 miles per week

**Week 1: Week 2:**

- ☐ Day 1: Yellow ☐
- ☐ Day 2: Green ☐
- ☐ Day 3: Yellow ☐
- ☐ Day 4: Green ☐

**Week 3: Week 4:**

- ☐ Day 1: Yellow ☐
- ☐ Day 2: Blue ☐
- ☐ Day 3: Yellow ☐
- ☐ Day 4: Green ☐
- ☐ Day 5: Yellow ☐

**6 week training program:**  
Run 4.2 miles per week

**Week 1: Week 2:**

- ☐ Day 1: Yellow ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Green ☐
- ☐ Day 4: Yellow ☐

**Week 3: Week 4:**

- ☐ Day 1: Green ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Blue ☐
- ☐ Day 4: Yellow ☐
- ☐ Day 5: Green ☐

**Week 5: Week 6:**

- ☐ Day 1: Blue ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Blue ☐
- ☐ Day 4: Green ☐
- ☐ Day 5: Yellow ☐

**8 week training program:**  
Run 3.15 miles per week

**Week 1: Week 2:**

- ☐ Day 1: Yellow ☐
- ☐ Day 2: Green ☐
- ☐ Day 3: Yellow ☐
- ☐ Day 4: Yellow ☐

**Week 3: Week 4:**

- ☐ Day 1: Blue ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Green ☐
- ☐ Day 4: Yellow ☐
- ☐ Day 5: Green ☐

**Week 5: Week 6:**

- ☐ Day 1: Blue ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Blue ☐
- ☐ Day 4: Green ☐
- ☐ Day 5: Blue ☐

**Week 7: Week 8:**

- ☐ Day 1: Blue ☐
- ☐ Day 2: Yellow ☐
- ☐ Day 3: Green ☐
- ☐ Day 4: Blue ☐
- ☐ Day 5: Blue ☐



Yellow should be mellow.

- Option #1** Run **race pace** for 7 minutes and then run for 5 minutes very easy.
- Option #2** Run a **fast pace** for 25-30 seconds, followed by **easy running** for 1 minute. Do this 4 times. Finish with some **easy running** for 2 minutes.
- Option #3** Let's do a "KiDS Run-Walk" for 16 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes. Repeat the "KiDS Run-Walk".
- Option #4** Run 7 minutes very easy, then run for 12 minutes at a **fast pace**, and then run for 7 minutes very, very easy again.
- Option #5** Run easy for 15 minutes.
- Option #6** Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy – then decrease your number of steps – run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.

- Option #1** Run 9 minutes at **race pace** and then run for 10 minutes very easy.
- Option #2** Run **fast pace** for 25-30 seconds, followed by **easy running** for 1 minute. Do this 5 times. Finish with some **easy running** for 2 minutes.
- Option #3** Run for 8 minutes very easy, then run for 10 minutes at a **fast pace**, and then run for 5 minutes very easy again.
- Option #4** Let's do a "KiDS Run-Walk" for 24 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes and walk for 2 minutes. Repeat the "KiDS Run-Walk" 6 times.
- Option #5** Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 40 steps **fast pace**, run 40 steps easy - then decrease your number of steps – run 30 steps **fast pace**, run 30 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.
- Option #6** An organized and active practice or game of baseball or tee-ball.

Green is for go!

Blue is for reach for the sky!

- Option #1** Run for 12 minutes at race pace and then run for 12 minutes very, very easy.
- Option #2** Run fast pace for 25-30 seconds, followed by **easy running** for 1 minute. Do this 6 times. Finish with **easy running** for 3 minutes.
- Option #3** Run for 12 minutes very easy, then run for 12 minutes at a fast pace, and then run for 5 minutes very easy again.
- Option #4** Let's do a "KiDS Run-Walk" for 28 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes and walk for 2 minutes. Repeat the "KiDS Run-Walk".
- Option #5** Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 40 steps **fast pace**, run 40 steps easy, run 50 steps **fast pace**, run 50 steps easy – then decrease your number of steps – run 40 steps **fast pace**, run 40 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.
- Option #6** An organized and active practice or game of soccer, basketball, football or a swim meet or a tennis match.



## • Nutrition Tips and Healthy Eating

When you put good food into your body, it will convert to fuel and energy. You've got to give your body the correct fuel. You'll feel better, have more strength... and run faster!

### Nutrition Do's:

- Eat a good breakfast.
- Drink water - lots of it.
- Eat good snacks.

### Suggestions To Fuel Your Body:

#### Breakfast:

- Low-fat yogurt
- Fruit
- Granola

#### Lunch:

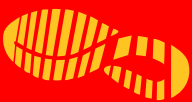
- Salad/vegetable
- Turkey sandwich on yummy whole wheat bread

#### Snack:

- Healthy nuts, fruits & veggies

#### Dinner:

- Baked potato
- Grilled chicken breast (size: the palm of your hand)
- Favorite vegetable



## What to eat?

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 brown rice with that chicken.

\*Protein is important for your body to grow and for building strong muscles. Protein-Rich Food:

1. Beef, pork, chicken, turkey and fish.
2. Eggs pack lots of protein in a tiny package.
3. Dried beans: hummus, chili, lentil soup, chickpeas, split peas and yummy baked beans.
4. Edamame (Eda-who? Edda-MOM-ay.) Those little green bean-looking things are yummy snacks. Dare you to try!
5. Nuts and seeds: almonds, sunflower seeds and pumpkin seeds.
6. Go for the moo power! Dairy products: milk, yogurt and cheese — all low-fat, of course. Milk not only gives you needed protein, but has lots of calcium for growing bones! Chocolate milk is also a great recovery drink – so after a work-out, drink up!

## Carbs Are Kids' Friends . . . . .

\* If they're the right carbs, that is. Healthy carbohydrates from grains, fruits and veggies are the best source of muscle fuel.

Healthy Carbs:

1. Grains: wheat, brown rice, corn and oats. Whole grains are the best, especially if they are brown. If you actually try whole wheat bread or pasta, you'll find the taste is even sweeter than regular white bread and pasta. Try whole grain cereals or whole wheat bagels, oatmeal, brown rice cakes, whole grain crackers, popcorn, toasted corn chips, corn tortillas and brown rice.
2. Fruits and vegetables are nature's vitamin pills. They provide the "spark plugs" needed for your "engine" to run smoothly and powerfully. You should have lots of color each day.

### TRY TO EAT LOTS OF "COLORS" OF FRUITS AND VEGETABLES:

**Red** - cherries, strawberries, tomatoes

**Purple** - plums, grapes, eggplant

**Orange** - oranges, tangerines, squash, carrots

**White** - apples, bananas, potatoes

**Blue** - blueberries

**Green** - kiwi, grapes, avocado

**Yellow** - pineapple, summer squash

**KIDS ROCK**



# Starting A Running Program



**Hey Kids, Parents and School Administrators!**

**If your school has never had a running program or used to have one, and you want to start it back up, follow these great tips to begin:**

1. Discuss your ideas with your parents to get their support.
2. Connect with your school's Physical Education Teacher to determine what resources you already have and what you will need. You will need an adult to sponsor the program
3. Find friends that want to have a running program too.

4. Determine if your school, local park or church has a safe pathway and a minimum of a one mile distance to support your running program idea (running repetitive 1/4 mile laps works.
5. Figure out when your friends can participate either before school, after school or during the weekend. You should allocate 1-2 hours each time you meet to run.
6. Make sure you decide on how you will track the miles covered each time your club meets.

7. Work with your program supporter to develop a legal binding waiver and contract for each participant to sign before they begin your running program.
8. Determine how you want to reward the benchmark miles. For example, every 5 miles, each runner gets a shoe clip that attached to their laces or a necklace.
9. Create a completion certificate, and make sure you identify how you will handle runners that miss practices.

10. Based on the feedback and the amount of time you have until the KiDS ROCK run event, create a 4, 6 or 8 week running program for your club to complete 25.2 miles.

11. Work with local running stores to get clothing, shoes, socks and plastic water bottle discounts.

12. Make sure you all sign up for KiDS ROCK!