

Rod Dixon's

KID'S MARATHON®

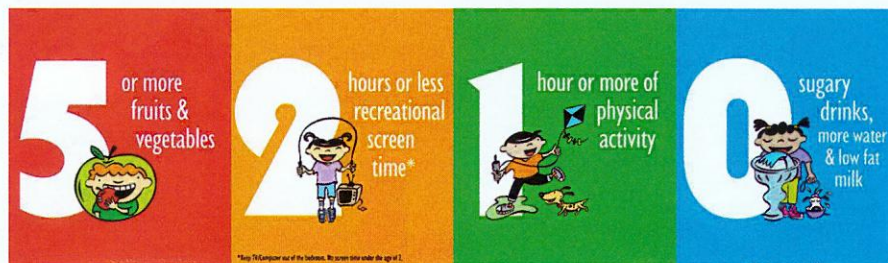


TRAINING GUIDE

Finishing is Winning - Winning is Finishing!®

5210 Every Day!

HEALTHY HABITS FOR HEALTHY COMMUNITIES



The Role of the Classroom:

- Increase opportunities for physical activity and healthy eating during the program day using the 5210 strategies.
- Educate children of the importance of physical activity and healthy eating.

The Role of the Child Care Program:

- Implement a strong wellness policy that supports 5210 strategies.
- Role model 5210 behaviors.
- Create an environment that is supportive of 5210 strategies.



The Role of the Community:

- Local doctors, dentists, parents, and other professionals share their expertise with child care programs.
- All school programs, child care programs, recreation centers, and libraries can promote and practice 5210 to support consistent messaging.

The Role of the Family:

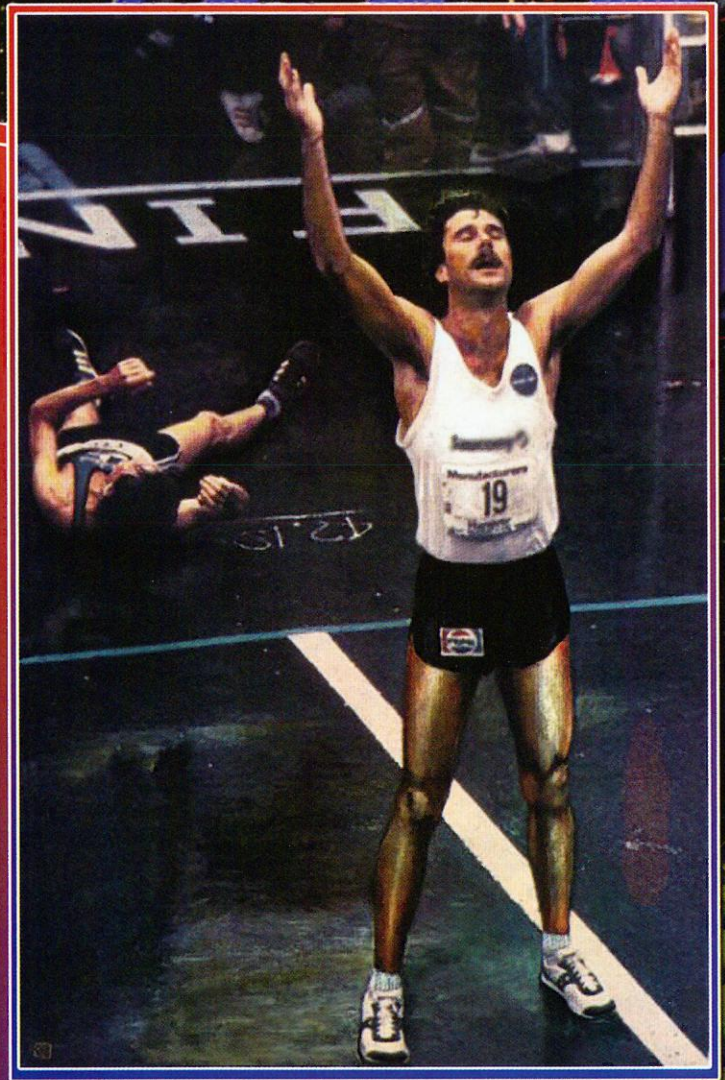
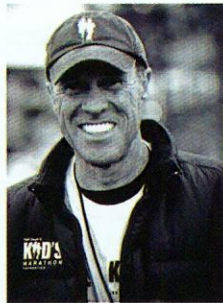
- Create a home environment that is supportive of 5210 behaviors.
- Become involved in 5210 Goes to Child Care and other initiatives that promote physical activity and healthy eating.
- Role model 5210 behaviors.



Hi, Kids!

Welcome to your KidsMarathon Training Guide & Activities Booklet! You'll find a bunch of great information and fun things to do on the pages that follow. We wish you the best of luck with your running and training and look forward to seeing you at the finish of the KidsMarathon.

Your friend,
Rod Dixon



Who is Rod Dixon?


For 17 years, Rod Dixon was one of the best middle distance runners in the world. He is an Olympic medalist, two-time world cross-country champion medalist and the 1500m champion of the United States, France, Great Britain and New Zealand. In the Pacific Conference Games, he won two gold medals and was a two-time World Masters Champion.


Rod Dixon won the 1983 New York City Marathon, was the #1 runner in United States road running, represented New Zealand at four Olympic Games and was a coach for the Fiji Olympic team.

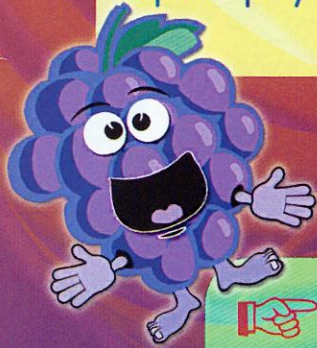
Rod now focuses his time on helping kids learn to love running as much as he does!


C'mon Kids Get Ready...


Congratulations on participating in the KidsMarathon! Keeping kids healthy and fit is important to everyone. Just think about these facts:

 Fewer than 25% of kids get at least 20 minutes of physical activity every day. (Are you at least walking your dog?)

 Kids aged 6 - 11 years old watch three to four hours of television every day. That's about 1,500 hours a year — almost twice the amount of time spent in school. And this doesn't even count the time kids spend playing video games, surfing on the computer and not moving!



 The number of overweight kids (6 - 11 years old) has multiplied five times in the last 30 years. Wow!

 Obesity now affects one in every five kids in the United States. (Obesity means that you weigh a minimum of 20% more than your ideal weight. Eek! That's a lot!)



 An obese teenager has a better than 75% chance of becoming an obese adult.

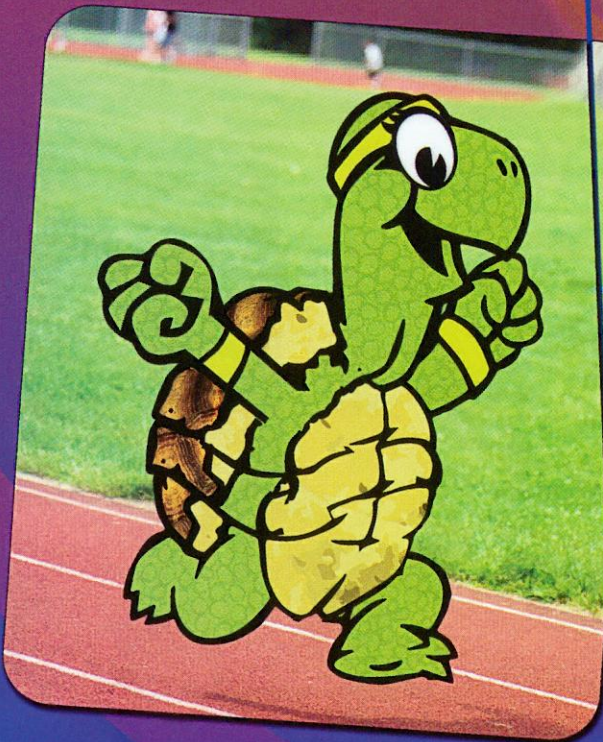
Kind of scary, isn't it? Well, it doesn't have to be. You've taken a huge first step to becoming healthier and stronger just by picking up this training manual guide. Exercising can be fun. Healthy foods can taste great. (No, we're not kidding. They really can.)

...Let's Get Moving!

Introduction

Before you begin your training, we want to share a few tips with you. Running is a great sport that can be a lot of fun if done correctly, so use this list to get the most out of your program.

1. Always run in a safe 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.
3. Always do a warm-up and stretch before 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!

- Proper running shoes and socks.
- A pair of shorts.
- Your favorite tee shirt.
- A pair of sweats to keep warm.
- Good friends to train with.
- A positive attitude.

Training Schedule

Follow your schedule and check the box each time you finish your daily runs. When you have all the days checked each week, have your teacher, coach or parent initial it. Then, run the final mile with all your friends.

After that you are an official KIDSMARATHON finisher and will have run a total of 26.2 miles! (That's the official distance of the Marathon.) Wow! What an awesome accomplishment!

Good Luck,
Rod

Week 1

- Day 1 - $\frac{3}{4}$ mile
- Day 2 - $\frac{1}{2}$ mile
- Day 3 - 1 mile
- Day 4 - $\frac{1}{2}$ mile

Initials _____

2 $\frac{3}{4}$ Miles Completed

Week 2

- Day 1 - $\frac{1}{2}$ mile
- Day 2 - 1 mile
- Day 3 - $\frac{3}{4}$ mile
- Day 4 - $\frac{3}{4}$ mile

Initials _____

3 Miles Completed

Week 3

- Day 1 - $\frac{1}{2}$ mile
- Day 2 - 1 mile
- Day 3 - $\frac{3}{4}$ mile
- Day 4 - 1 mile

Initials _____

3 $\frac{1}{4}$ Miles Completed

Week 4

- Day 1 - $\frac{1}{2}$ mile
- Day 2 - 1 mile
- Day 3 - $\frac{3}{4}$ mile
- Day 4 - 1 mile

Initials _____

3 $\frac{1}{4}$ Miles Completed

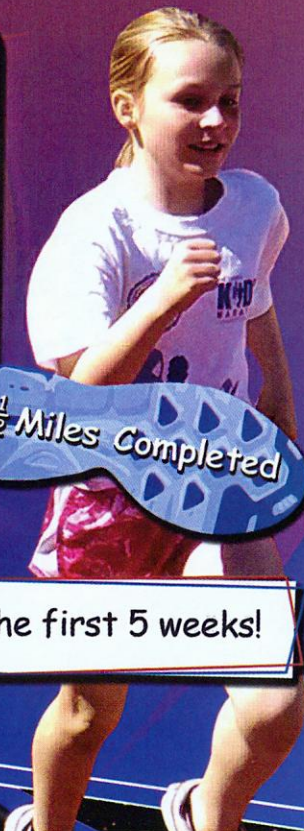
Week 5

- Day 1 - 1 mile
- Day 2 - $\frac{3}{4}$ mile
- Day 3 - 1 mile
- Day 4 - $\frac{3}{4}$ mile

Initials _____

3 $\frac{1}{2}$ Miles Completed

That's 15 $\frac{1}{2}$ miles in the first 5 weeks!





Week 6

- Day 1 - 1 mile
- Day 2 - $\frac{3}{4}$ mile
- Day 3 - 1 mile
- Day 4 - $\frac{3}{4}$ mile

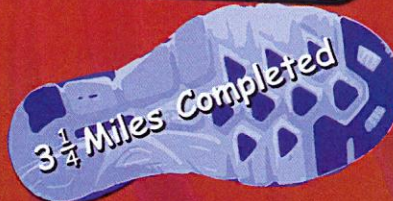
Initials _____



Week 7

- Day 1 - 1 mile
- Day 2 - $\frac{3}{4}$ mile
- Day 3 - $\frac{1}{2}$ mile
- Day 4 - 1 mile

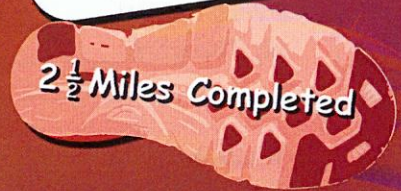
Initials _____



Week 8

- Day 1 - $\frac{3}{4}$ mile
- Day 2 - 1 mile
- Day 3 - $\frac{3}{4}$ mile
- Day 4 - $\frac{1}{2}$ mile

Initials _____



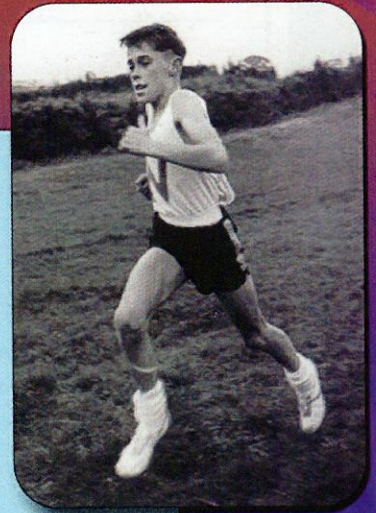
9 $\frac{3}{4}$ total miles for these 3 weeks, for a grand total of 25 $\frac{1}{4}$ miles completed! Fantastic!

Only 1 mile to the finish.

Hey kids this is me when I was just 12 years old running in a cross country race in New Zealand. I finished about 28th in the race, but do you know what? Even though I didn't win the race, I finished! "Finishing is Winning and Winning is Finishing."

Always have fun,

A handwritten signature in black ink.



Finishing is Winning € Winning is Finishing.® .

...see you there!

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. Share some of your thoughts 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 first week, begin scoring yourself in each of the listed areas from number 1 to 10, with 10 being great. Add the three scores up and see if you can improve from week to week.

Week 1:

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

My Thoughts: _____

Week 2:

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

My Thoughts: _____

Week 3:

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

My Thoughts: _____

Week 4:

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

My Thoughts: _____

Week 5:

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

My Thoughts: _____

Week 6:

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

My Thoughts: _____

Week 7:

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

My Thoughts: _____

Week 8:

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

My Thoughts: _____

KIDSMARATHON®



The first marathon was run shortly before the 1896 Olympic Games. In fact, it was the trial for the 1896 Greek Olympic Team to qualify for the first Olympic Marathon. The winner of that first Olympic Marathon in 1896 was Spiridon Louis, who finished the 40 kilometer course in 2:58:50. Soon after, in 1897, the first marathon in the United States was run in Boston.

The first time today's 42.195 kilometer distance was officially used as the marathon distance was in 1908. The distance was made slightly longer so it could begin at Windsor Castle and finish in front of the Royal Box. Then in 1921, the 42.195 kilometer (26.2 miles) distance was adopted as the official marathon distance around the world.



One last thing, not until the 1984 Olympic Games in Los Angeles were women finally allowed to run in the Olympic Marathon. (Well, it was about time!) The marathon has come a long way in the last 112 years. We hope you'll be a big part of its future.



Nutrition Notes

Hey, Kids! Your awesome growing bodies need your help!

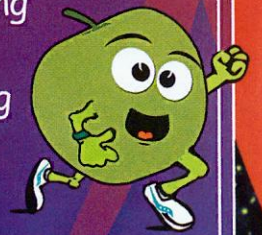
What goes in must come out ... soooooo ... if you put good foods into your body, they will convert to fuel and energy, and that's cool. You'll feel better, have more strength and run faster.



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

Does your mom's car run on soapy water? No, it runs on gasoline, which is the correct fuel for a car. Does your dog run on kitty litter? No, she runs on dog food — and maybe some of your socks. Dog food is the proper fuel for a dog. We 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're going to be old. Probably older than your parents are now. (We said it was weird.) If you choose the right foods now, at least most of the time, and keep that body moving (which you're already doing with the KidsMarathon) you'll lay the foundation for a much healthier life and be around for your annoying grandchildren ... and maybe their children. Now that's weird.



Nutrition Do's:

- Eat good breakfast.
- Water - lots of it.
- Fruit juice, but mix with water.
- Good snacks
- Good fuel for good bodies.

Nutrition Don't's

- Junk Food
- Soda
- Fast Food
- Sports Drinks
- Energy Drinks

What is a Protein-Rich Food?

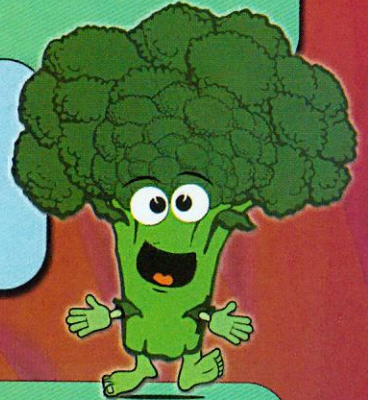


1. Beef, pork, chicken, turkey, fish (like tuna and darker fish like salmon) provide not only protein, but iron and zinc. Iron helps oxygen get from the lungs to the muscles, and zinc is important for growth and healing.

2. Eggs pack lots of protein in a tiny package.

3. Dried beans: Sound boring? How about hummus, chili, lentil soup, chickpeas, split peas and yummy baked beans? Sound a lot better now, don't they?

4. Tofu and foods made of soy, like soy hot dogs, soy hamburgers, and soy chicken fingers are other good options. Sometimes you can't even taste the difference. How about edamame? (Eda-who? Edda-MOM-ay.) Those little green bean-looking things are yummy snacks. Dare you to try!



5. Nuts and seeds like almonds, sunflower seeds and pumpkin seeds are all good. Well, maybe not flower seeds!

6. Go for the moo power! Choose milk, yogurt and cheese — all low-fat, of course. Milk not only gives you needed protein, but has lots of calcium for growing bones!



Carbs Are Kid's Friends ...

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

1. Grains like wheat, rice, corn and oats are healthy choices. Whole grains are the best, even 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.

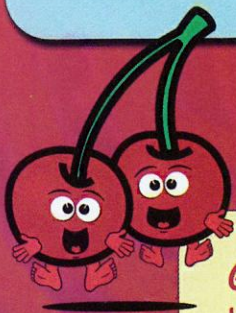
2. Fruits and vegetables are nature's vitamin pills. They provide the "spark plugs" needed for your "engine" to run smoothly and powerfully. You should have lots of them each day.



Eating Healthy Is Winning!

Nutrition Tips & Healthy Eating!

Go low: Yogurt, salad dressings, cheese, mayo — go for the low-fat version. You won't even know the difference, but your body will have a lot less fat to deal with. Ask Mom to cook your veggies with olive oil instead of butter. And stay away from high-fat things like fried chicken, French fries and pepperoni. Stop groaning — you can have those things once in a while, but most of the time, try to make better choices!

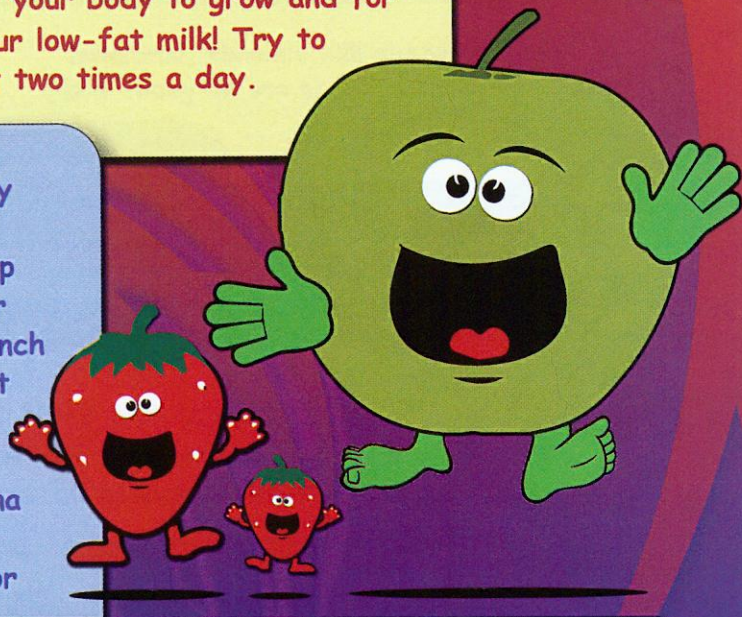


Mix it up: Eat a variety of good foods. Put some banana on that cereal; have a yogurt with your peanut butter sandwich; have some vegetables and brown rice with that chicken. That way you're filling up on the right foods!

Go pro: Protein is important for your body to grow and for building strong muscles. Drink your low-fat milk! Try to have a protein-rich food at least two times a day.

Ask your mom or dad to have some handy vegetable snacks like cut-up carrots, cucumber slices, celery and maybe cut-up red pepper strips ready in the fridge for you. They're great with some low-fat ranch dressing as a dip! And be sure to have at least one vegetable with every meal.

And what could be yummier than a banana and strawberries when you feel like something sweet? Instead of reaching for the cookies, try some fruit instead.



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

Red - cherries, strawberries, tomatoes

Blue - blueberries

Purple - plums, grapes, eggplant

Green - kiwi, grapes, avocado

Orange - oranges, tangerines, squash, carrots

Yellow - pineapple, summer squash

White - apples, bananas, potatoes

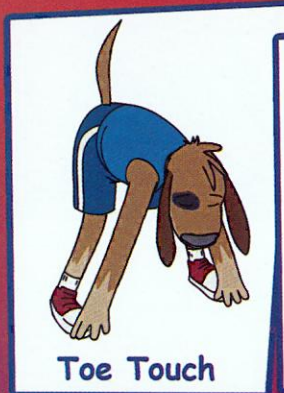




Training Tips and Secrets

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. BY DOING AN EASY JOG AND SOME LIGHT STRETCHING BEFORE YOU BEGIN TO RUN, JUMP HIGH, OR PLAY YOUR FAVORITE SPORT, YOU BRING A WARM FEELING TO THE MUSCLES THAT ARE HELPING YOUR BODY MOVE.



Toe Touch



Ankle Circles



Side Bends



Hip Circles



Arm Circles

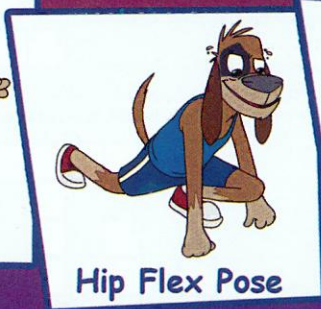


One Leg Pose

Rod's Favorite Warm-Up Activities



Frog Sit



Hip Flex Pose



Up Dog



Down Dog

COOL-DOWN
FOLLOW YOUR WORKOUT WITH AN EASY ACTIVITY LIKE WALKING AND SOME LIGHT STRETCHING. THIS WILL MAKE YOU FEEL BETTER.

Rest and Recovery

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 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:

- 👉 Getting a good night's sleep. Eight hours is good; nine hours is better.
- 👉 Including relaxing activities in your daily routine like reading and spending time with your family.
- 👉 Taking a nap if you're feeling tired. That's right...you earned it.

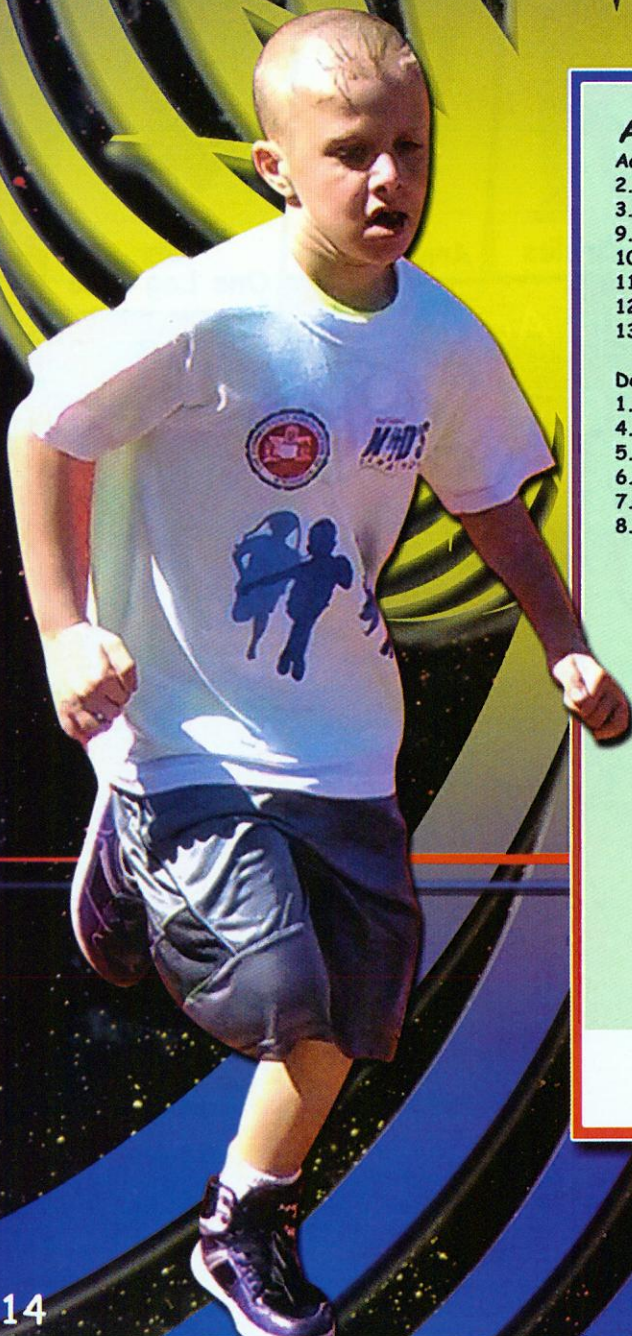
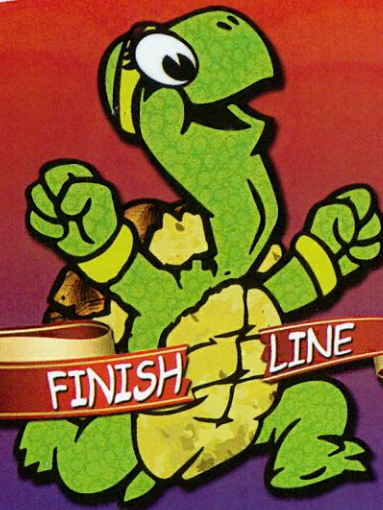


A KIDSMARATHON™ word search

DHKPRUNNEROC
 CSOKEMQWIZPGT
 OILZSXINCLEVI
 HNUVRNRETAWIF
 NIGONPCMPLGCC
 UFSECHAMPIONX
 TERMAETAHMOLP
 RSRNSMUICOZDR
 IVIWTWQEATCEG
 TLXCAPEGOYZVO
 IBZPNISACMTIC
 OCILCQITWGSZC
 NLOSANGELESEL

Here is your list of words!

1. Runner
2. Nutrition
3. Los Angeles
4. Water
5. Fit
6. Winner
7. Team
8. Champion
9. Coach
10. Finish



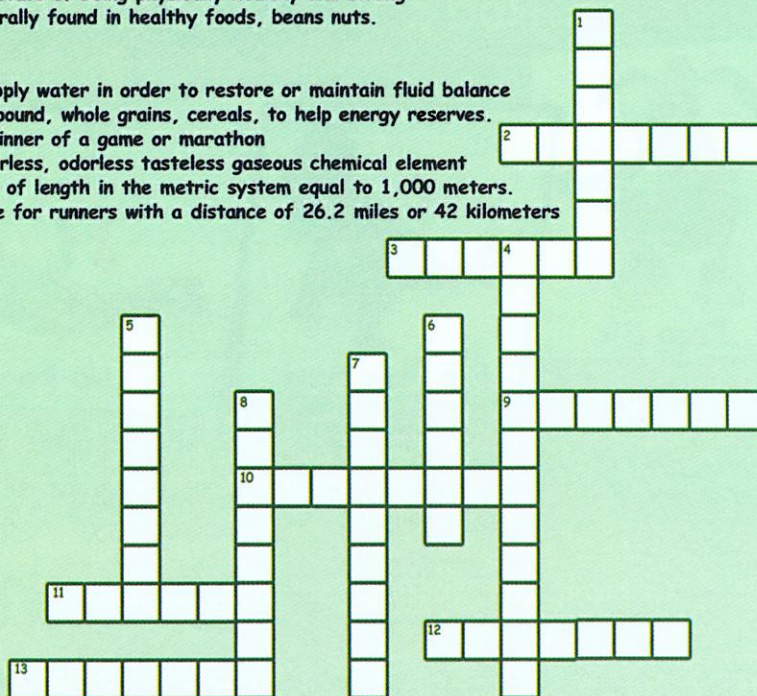
A KIDSMARATHON™ crossword puzzle

Across

2. Exercising beforehand, getting ready to do something
3. Always used to move a particular part of the body
9. Increased ideal body weight.
10. Process of resting and becoming strong again
11. to bring or come to an end, complete
12. The state of being physically healthy and strong
13. Naturally found in healthy foods, beans nuts.

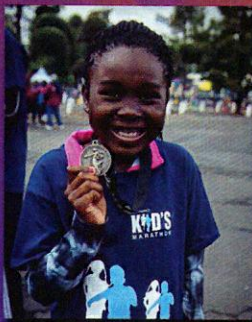
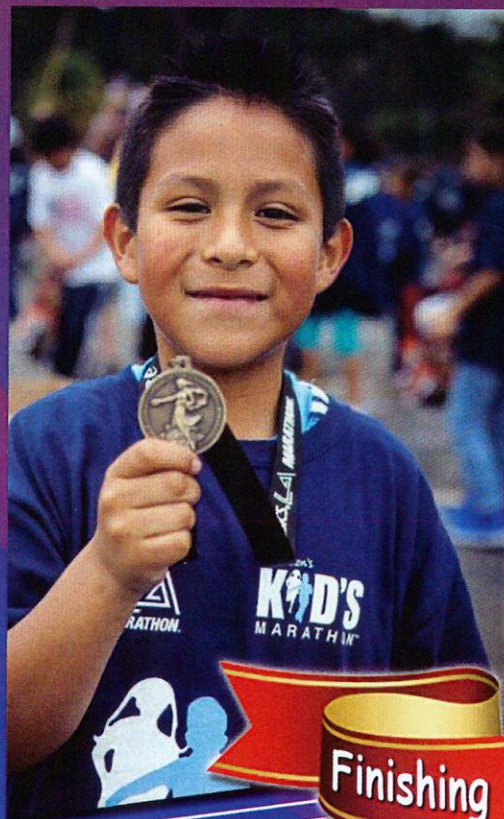
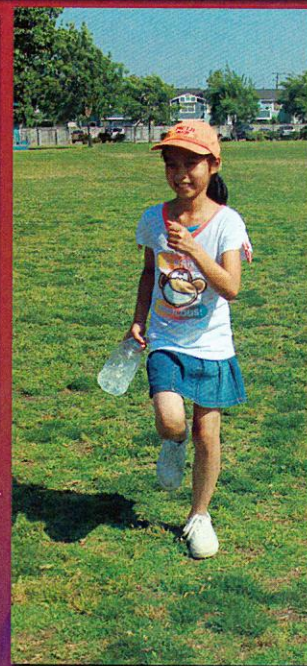
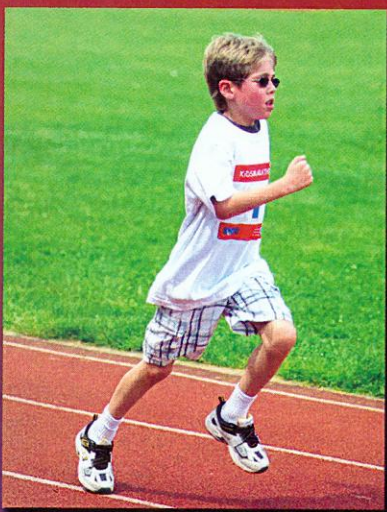
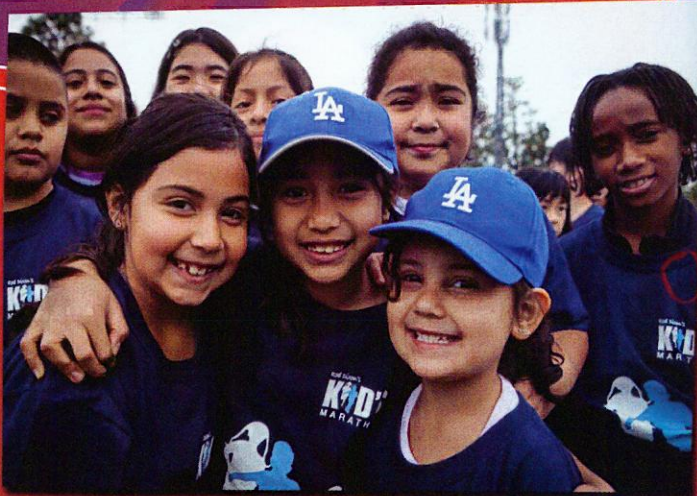
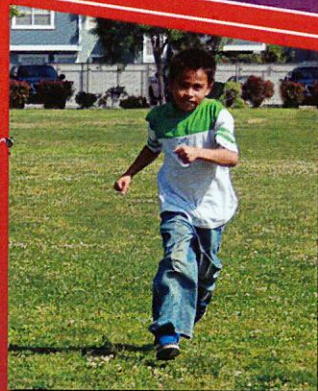
Down

1. To supply water in order to restore or maintain fluid balance
4. a compound, whole grains, cereals, to help energy reserves.
5. The winner of a game or marathon
6. A colorless, odorless tasteless gaseous chemical element
7. A unit of length in the metric system equal to 1,000 meters.
8. A race for runners with a distance of 26.2 miles or 42 kilometers



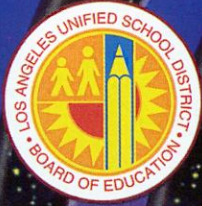
Answer Key!
 Across: 1.Stretch, 2.Fit, 3.Run, 4.Banana, 5.Team
 Down: 1.Red Dixon, 2.Health, 3. Athlete

KIDSMARATHON®

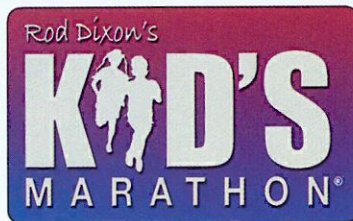


Finishing is Winning - Winning is Finishing®

TODAY'S LEARNERS, TOMORROW'S LEADERS



GRATEFUL THANKS TO THE SAUCONY RUN FOR GOOD FOUNDATION FOR THEIR SUPPORT OF THE ROD DIXON'S KIDSMARATHON FOUNDATION



I am a KiDSMARATHON Runner committed to improving my Fitness for a Healthy life.

I have a positive attitude because Finishing is Winning and Winning is Finishing!

KiDSMARATHON Rocks!

Name: _____

School: _____ Grade: _____



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