

**LIFETIME**  
**MIAMI**  
KIDS RUN

Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Gender: \_\_\_\_\_

START DATE	RUNNING LOG						END DATE	
October 4, 2021	<b>WEEK</b>	<b>DAY 1</b>	<b>DAY 2</b>	<b>DAY 3</b>	<b>DAY 4</b>	<b>EXTRA</b>	February 6, 2022	
<b>AGE</b>	1	0.25	0.25	0.25	0.25		<b>AGE</b>	
<b>HEIGHT (FEET)</b>	2	0.25	0.25	0.5	0.5		<b>HEIGHT (FEET)</b>	
<b>HEIGHT (IN)</b>	3	0.25	0.25	0.5	0.5		<b>HEIGHT (IN)</b>	
<b>WEIGHT (LBS)</b>	4	0.5	0.5	0.5	0.5		<b>WEIGHT (LBS)</b>	
	5	0.5	0.5	0.5	0.75			
	6	0.5	0.5	0.5	0.5			
	7	0.5	0.5	0.5	0.5			
	8	<b>Thanksgiving Break*</b>						
	9	0.5	0.75	0.75	0.5			
	10	0.5	0.75	0.5	0.75			
	11	0.5	0.5	0.75	0.75			
	12	<b>Winter Break</b>						
	13	<b>Winter Break</b>						
	14	0.5	0.75	0.75	0.75			
	15	0.5	0.75	0.75	0.5			
	16	<b>Make-Up/Extra Miles</b>						
	17	<b>Make-Up/Extra Miles</b>						
	18	<b>Make-Up/Extra Miles</b>						
					<b>Total Miles</b>			

KEY
0.25 = Quarter Mile
0.5 = Half Mile
0.75 = Three-Quarter Mile

CONVERSION
400 meters ~ Quarter Mile
800 meters ~ Half Mile
1200 ~ Three-Quarter Mile

\*Bring your family to run the Baptist Health Turkey Trot Miami 5K/10K & Kids Race on November 25, 2021!

**10 Tips for Success:**

1. Run in comfortable running shoes
2. Wear comfortable exercise clothes - avoid heavy clothes like jeans and sweaters
3. Focus on your breathing - take full, relaxed, regular breaths as you run
4. Keep an upright posture with your back straight - use your arms to propel you forward
5. Safety first - don't run alone and stay out of the street
6. Stay Hydrated! - drink plenty of water, especially when it is hot out
7. Eat nutritious foods to keep your body happy and healthy
8. Stretch before and after your runs to avoid soreness and injury
9. Keep track of your mileage each week
10. Most importantly - HAVE FUN!!!!

Visit [www.KidsRunMiami.com](http://www.KidsRunMiami.com) and [www.TheMiamiMarathon.com](http://www.TheMiamiMarathon.com) to see what's in store for you!

Questions may be directed to:  
Program Director - Samantha Bailey - [sbailey2@lt.life](mailto:sbailey2@lt.life)