

LIFE TIME MIAMI

KIDS RUN

Name: _____ Grade: _____ Gender: _____

START DATE	RUNNING LOG						END DATE	
October 9, 2023	WEEK	DAY 1	DAY 2	DAY 3	DAY 4	EXTRA	January 28, 2024	
AGE	1	0.25	0.25	0.25	0.25		AGE	
HEIGHT (FEET)	2	0.25	0.25	0.5	0.5		HEIGHT (FEET)	
HEIGHT (IN)	3	0.25	0.25	0.5	0.5		HEIGHT (IN)	
WEIGHT (LBS)	4	0.5	0.5	0.5	0.5		WEIGHT (LBS)	
	5	0.5	0.5	0.5	0.75			
	6	0.5	0.5	0.5	0.5			
	7	Thanksgiving Break* Kids may continue training on their own using the Training Calendar						
	8	0.5	0.5	0.5	0.5			
	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	Winter Break Kids may continue training on their own using the Training Calendar						
	13							
	14	0.5	0.75	0.75	0.75			
	15	0.5	0.75	0.75	0.5			
	16	0.2	Race Day Prep					
				Total Miles	25.2			

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 23, 2023!

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 – refer to the Nutrition Resources!
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 to see what's in store for you!