

WHAT IS THE SRPMIC YOUTH PROGRESSIVE 1/2 MARATHON?

The SRPMIC Youth Progressive 1/2 Marathon is completed over a 10 week period starting the week of August 18, 2013. Youth can walk, jog or run 0.5 miles a day three to four times a week to reach 12.1 miles before event day (Saturday October 26th). The last MILE of the 13.1 mile 1/2 marathon distance will be completed on the day of the SRPMIC Red Mountain 1/2 Marathon.

THIS IS A NONCOMPETITIVE EVENT WITH NO TIMING OR AWARDS FOR THE FASTEST PARTICIPANTS.

Why participate in the Youth Half Marathon?

- Walking/jogging/running makes you physically fit.
- You can walk/jog/run anytime and anywhere.
- You don't need any special equipment.
- You can workout at your own pace.
- It doesn't matter how fit you are, you can finish the Youth Progressive 1/2.
- It is a great way to have fun.
- Every participant is a winner.

MILEAGE LOG COMPLETION. Participants may complete their 0.5 mile segments at home, school, at a gym, or at a park, but a parent/adult supervisor must confirm each segment by initialing the form. Just as those who train for a 1/2 marathon realize the importance of rest days and pacing, so should those participants in the SRPMIC Youth Progressive 1/2 Marathon.

The 10 week training period allows participants at least 3 rest days per week; use these in any order you like, but use them!

Remember, this is a noncompetitive event; it is not who is the fastest, but as in a 1/2 marathon, who can finish mile after mile after mile in the long run.

SUGGESTIONS FOR SAFELY COMPLETING THE SRPMIC YOUTH PROGRESSIVE 1/2 MARATHON

1. Find a safe place to exercise. Sidewalks are safer than the street, but (if running) concrete is harder on joints than asphalt. If you train on the road, always go facing traffic on the far left portion of the road.
2. Do not train alone or after dark. Train with an adult or a friend in a safe area. This is especially important for younger children and females of all ages.
3. Wear running shoes or athletic shoes with socks.
4. Use sun screen protection (SPF 30+), especially on sunny days. Avoid training on sunny days between 10am and 3pm.
5. Drink lots of water throughout the day. Water helps muscles do their work.
6. Get plenty of sleep. Your muscles need rest to recuperate from exercise. Most people need 8 to 10 hours of sleep each night to be completely rested.
7. Eat a well balanced, healthy diet. Your body needs fuel to exercise efficiently. Your body needs food as fuel.
8. If you get shin splints (pain in front portion of lower legs) or side stitches while running, you are running *too fast, too far, too soon*.
 - Slow down!
 - Build up to running slowly!
 - Try a mix of walking and jogging/running (e.g. walk for a minute or two and then jog for a bit).

SRPMIC YOUTH PROGRESSIVE 1/2 MARATHON MILEAGE LOG

Youth's Name (please print): _____ SRPMIC CM? Yes No

Tribal Affiliation: _____

SRPMIC Youth Progressive 1/2 Marathoners are encouraged to log 0.5 miles per day, 3-4 days per week. Be sure to take rest days each week.

AUGUST

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Mileage
10	18 miles ____initial	19 miles ____initial	20 miles ____initial	21 miles ____initial	22 miles ____initial	23 miles ____initial	24 miles ____initial	TOTAL
	9	25 miles ____initial	26 miles ____initial	27 miles ____initial	28 miles ____initial	29 miles ____initial	30 miles ____initial	

SEPTEMBER

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Mileage
8	1 miles ____initial	2 miles ____initial	3 miles ____initial	4 miles ____initial	5 miles ____initial	6 miles ____initial	7 miles ____initial	TOTAL
	7	8 miles ____initial	9 miles ____initial	10 miles ____initial	11 miles ____initial	12 miles ____initial	13 miles ____initial	
6		15 miles ____initial	16 miles ____initial	17 miles ____initial	18 miles ____initial	19 miles ____initial	20 miles ____initial	21 miles ____initial
	5	22 miles ____initial	23 miles ____initial	24 miles ____initial	25 miles ____initial	26 miles ____initial	27 miles ____initial	28 miles ____initial

SEPTEMBER - OCTOBER

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Mileage
4	29 miles ____initial	30 miles ____initial	1 miles ____initial	2 miles ____initial	3 miles ____initial	4 miles ____initial	5 miles ____initial	TOTAL
	3	6 miles ____initial	7 miles ____initial	8 miles ____initial	9 miles ____initial	10 miles ____initial	11 miles ____initial	
2		13 miles ____initial	14 miles ____initial	15 miles ____initial	16 miles ____initial	17 miles ____initial	18 miles ____initial	19 miles ____initial
	1	20 miles ____initial	21 miles ____initial	22 miles ____initial	23 miles ____initial	24 miles ____initial	25 REST DAY	26 RACE DAY