

SRPMIC YOUTH PROGRESSIVE HALF MARATHON

The SRPMIC Youth Progressive Half Marathon is completed over a 10 week period starting the week of August 17, 2014. Youth walk, jog or run 0.5 miles a day three to four times a week to reach 12.1 miles before event day. The last MILE of the 13.1 mile half marathon distance will be completed on the day of the SRPMIC Red Mountain Half Marathon on Saturday, October 25th, 2014. **For Youth between the ages of 5 to 14 years of age.**



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 Half.
- It is a great way to have fun.
- Every participant is a winner.

MILEAGE LOG. Participants complete their 0.5 mile segments at home, school, at a gym, or at a park. A parent/adult relative is strongly encouraged to participate with youth. Youth are advised to pace themselves during their training days and remember to take rest days.

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

SUGGESTIONS FOR SAFELY COMPLETING THE SRPMIC YOUTH PROGRESSIVE ½ 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 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 Salt River Lehi

Tribal Affiliation: _____

SRPMIC Youth Progressive Half Marathoner's 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	17	18	19	20	21	22	23	TOTAL
	miles							
9	24	25	26	27	28	29	30	TOTAL
	miles							

AUGUST/SEPTEMBER

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Mileage
8	31	1	2	3	4	5	6	TOTAL
	miles							
7	7	8	9	10	11	12	13	TOTAL
	miles							
6	14	15	16	17	18	19	20	TOTAL
	miles							
5	21	22	23	24	25	26	27	TOTAL
	miles							

SEPTEMBER/OCTOBER

WEEK	SUN	MON	TUE	WED	THU	FRI	SAT	Weekly Mileage
4	28	29	30	1	2	3	4	TOTAL
	miles	miles	miles	miles	miles	miles	miles	
3	5	6	7	8	9	10	11	TOTAL
	miles	miles	miles	miles	miles	miles	miles	
2	12	13	14	15	16	17	18	TOTAL
	miles	miles	miles	miles	miles	miles	miles	
1	19	20	21	22	23	24	25	TOTAL
	miles	miles	miles	miles	miles	REST DAY	RACE DAY	