

# 2017 Fun Run - Training Log

The 2017 Morris Brandon Fun Run is **Saturday, April 22** (rain date: Saturday, April 29)! This run is **not** a fundraiser for the school. Its purpose is to encourage our students to foster healthy active habits. Fun Runs are a lot more fun when you have trained for a race. Therefore, it is not a one day event! Students will have the opportunity to run during recess. But, they need the opportunity to train at home as well.

## WE NEED PARENTS TO HELP!

Help your child set training goals, and write them down below. Keep this log somewhere where he/she can mark the progress! This is a great opportunity to involve the whole family! Each family member can set specific goals to improve health. Of course, please consult your doctor prior to any new exercise program.

### Here are some ideas on how to prepare/ train:

- Ensure your child has the proper equipment: running shoes, comfortable clothes, and water!
- Train in intervals to build confidence and endurance. Example:  
WEEK 1: Run 1 minute, walk 2 minutes, & repeat for 10 minutes or a ½ mile...  
WEEK 2: Run 2 minutes, walk 2 minutes, & repeat for 15 minutes or a ½ mile...
- Slowly increase the time and length of your walks/runs each week leading up to the race

### Why kids should run:

- Running is affordable and FUN!
- Running is an easy sport to learn!
- Running helps kids improve in other sports!
- Running improves creativity and the ability to learn!

NAME: \_\_\_\_\_

### TRAINING GOALS - Make goals specific and attainable. Include distance, time, frequency, and/ or type.

(Examples: Train for 10 min, 3x/ wk; Walk to/ from school in x min, 1x/ wk; Run 1 mile without walking by April 17<sup>th</sup>)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

Check your BeeMail for links to websites with training tips, plans, and goals for kids!

The Morris Brandon Fun Run is just one way to enjoy running! If you'd like to encourage your child to keep running and training, register for the Peachtree Junior at Piedmont Park on May 13<sup>th</sup>.

Let's have a HUGE Brandon turnout! *(No affiliation with MB; it's just a great race for kids)*

<http://www.atlantatrackclub.org>

