



KAISER PERMANENTE.

Youth Fitness Program

WHAT: This **free** program teaches our children that running is fun by increasing running distances very gradually and by providing special ribbon awards for cumulative distances achieved: 5 km (3.1 miles), 10 km (6.2 miles), half marathon (13.1 miles) and marathon (26.2 miles). Details are described in the Training Program information.

WHEN: Start the program on October 8, eight weeks before the Kaiser Permanente 2.62-mile maraFUNrun on December 2, 2007.

HOW: Simply send the CIM office copies of the distance logs achieved by your participant. Be sure to include your return address.

TIPS

✎ An effective motivator is to relate the total miles run by your entire group to a defined distance, such as across California or the U.S. Use a big map to mark the progress of their chosen route.

✎ Send a copy of the distance log to the CIM office as soon as the participants achieve their marks, rather than waiting to send them in all at once. The special ribbons are excellent incentives to motivate the children to stay with the program.

✎ Try to promote completion of the training program by the entire class or group.

✎ Emphasis should be on participation and having fun, NOT on speed or on winning each run. We want to make the experience a positive one to encourage a lifetime enjoyment of fitness activities.

✎ If your participants wish to continue a running program in cross country or track, contact the CIM office for information about Junior Olympic running programs available to youth of all ages.



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marafUNrun

WHAT: It is the final goal of the Youth Fitness Program: a 2.62-mile fun run!

WHEN: **Sunday, December 2, 2007** at 8:00 a.m., the same day as the California International Marathon.

WHERE: Near the marathon finish line at 8th and Capitol Mall.

HOW: In September Kaiser Permanente maraFUNrun applications are sent to schools and groups that have contacted us. Make additional copies as necessary and use them to register. Children 13 and under and their teacher, coach, group leader or parent involved in the Kaiser Permanente Youth Fitness Program may enter **online for free**, and it is only \$5 for mailed in, Expo or Race Day entries.

MORE!

✎ The children finish the Kaiser Permanente maraFUNrun in time to watch the first marathoners finish; it is exciting for the children, to see world class athletes perform.

✎ Ribbons and special maraFUNrun T-shirts are awarded to all finishers. Those who complete both the Kaiser Permanente Youth Fitness Program and maraFUNrun will be awarded a beautiful California International Marathon medallion—and they will have earned it, because they will have run 26.2 miles — a cumulative distance equal to a marathon!

✎ Upon your request we will send you an excellent youth running pamphlet, “Children’s Running: A Guide for Teachers and Coaches.” This booklet, published by the Road Runners Club of America, contains sound advice and additional motivational activities.

✎ Let everyone know! Pass this information on to other groups. It can also be downloaded from the CIM web site. We would like to have as many youth as possible participate in this

TRAINING PROGRAM

For The 2007 Kaiser Permanente Youth Fitness Program

Any child who completes the Kaiser Permanente Youth Fitness Program and the CIM 2.62-Mile maraFUNrun will receive a beautiful California International Marathon official finisher’s medallion. The medallion and the 26.2-mile special ribbon will be mailed after December 2nd.

Important Training Guidelines

1. Warm-up before running with some calisthenics like jumping jacks.
2. Be sure water is available during the sessions.
3. A minimum of two training sessions per week is recommended.
4. Try to do at least one session per week with the entire group.
5. Do additional “off campus” sessions as necessary with a family member.
6. The instructor, whenever possible, should run with the children.
7. To promote self esteem, completion of a specific distance is much more important than the speed of the run. Walking is OK if necessary.
8. The pace of the run should be at a “talking” pace (the youths should be able to carry on a conversation while running).
9. Always have the youths run with a partner or in a group.
10. NEVER USE RUNNING AS A PUNISHMENT!

2007 Kaiser Permanente Youth Fitness Program Training Schedule

For Grades 1 - 3, consider cutting the distances in half.

Week#	Week Begins On	Miles/Week	Cumulative Distance
1	Oct. 8	1.1	1.1 miles <i>(3 sessions of approximately 0.2, 0.4, & 0.5 miles)</i>
2	Oct. 15	2.0	3.1 mi.=5 km (special ribbon!) <i>(3 sessions of approximately 0.5, 0.7, & 0.8 miles)</i>
3	Oct. 22	3.1	6.2 mi.=10 km (special ribbon!) <i>(3 sessions of approximately 0.8, 1.0, & 1.3 miles)</i>
4	Oct. 29	3.3	9.5 miles <i>(3 sessions of approximately 0.7, 1.1, & 1.5 miles)</i>
5	Nov. 5	3.6	13.1 miles (special ribbon!) <i>(3 sessions of approximately 0.8, 1.2, & 1.6 miles)</i>
6	Nov. 12	4.0	17.1 miles <i>(3 sessions of approximately 0.8, 1.2, & 2.0 miles)</i>
7	Nov. 19	4.5	21.6 miles <i>(3 sessions of approximately 1.0, 1.3, & 2.2 miles)</i>
8*	Nov. 26	4.6	26.2 miles (special ribbon and marathon medallion!)

*The week of Nov. 26 includes two-1.0 mile runs (Mon., Wed.) and the 2.62-mile Kaiser Permanente maraFUNrun on Sunday December 2, 2007.

Contact Information

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