



RUNNING LOG

YOU CAN DO IT! Use this Running Log to track your progress and record your success!

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WELCOME TO KIDS' RUN CLUB

I'm so glad you've joined the Kids' Run Club. Doctors Nova Scotia offers the club to help kids like you get and stay active.

The great thing about the Kids' Run Club is that it doesn't matter if you've run before or if you can't run very far. This club will teach you how to pace yourself and push yourself so that you're guaranteed to have success.

Doctors want you to be as healthy as possible, so we encourage you to be active every day in many ways, have healthy foods and drinks most of the time, limit your screen time, get lots of fresh air and make sure to get enough sleep.

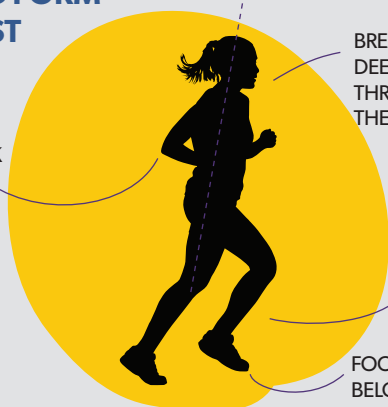
Good luck with your running!

Dr. Michelle Dow

President, Doctors Nova Scotia

HEAD-TO-TOE RUNNING FORM CHECKLIST

SWING ARMS
FRONT TO BACK



RUN TALL, LOOK AHEAD

BREATHE
DEEPLY
THROUGH
THE MOUTH

QUICK QUIET
STEPS

FOOT LANDS
BELOW BODY NOT
IN FRONT

BENEFITS OF RUNNING

- Improved fitness
- Increased strength and agility
- Feeling better about yourself
- More energy
- Less illness and disease
- Better results at school
- Reduced stress

RUNNING TIPS:

- Run three times per week
- Pace yourself - not too fast
- Push yourself – take 30 extra steps before walking
- Use the head-to-toe running form checklist
- Run with others
- Fuel up with a healthy diet and water
- Increase distance gradually

TIME TO TRAIN

The Kids' Run Club program will help you prepare to run 2.1, 4.2 or 5 kilometers by the day of your final run. Each distance has its own training program.

2.1 KM PROGRAM

Run#	Distance (km)
1	1
2	1
3	1
4	1
5	1.5
6	1.5
7	1.5
8	1.5
9	2
10	2
11	2
12	2
13	1
14	2.1 Fun Run!

4.2 KM PROGRAM

Run#	Distance (km)
1	2
2	2
3	2.5
4	2.5
5	2.5
6	3
7	3
8	3
9	3.5
10	3.5
11	3.5
12	4
13	3
14	4.2 Fun Run!

5 KM PROGRAM

Run#	Distance (km)
1	2
2	2
3	2
4	2.5
5	2.5
6	2.5
7	3
8	3
9	3
10	3.5
11	3.5
12	3.5
13	4
14	4
15	4
16	4.5
17	4.5
18	4.5
19	5
20	3.5
21	5 Fun Run!

If you finish the 4.2 KM program you'll have run a **VIRTUAL MARATHON (42.2 km)** when you are done!

TRACK YOUR PROGRESS

The biggest mistake most new runners make is going too fast, too far and giving up too soon. To help you stay focused we've included a Running Log where you can track each run and measure your progress.

Being healthy starts long before a visit to the doctor's office

For more information on healthy eating, physical activity and the Kids' Run Club, visit www.doctorsNS.com

program sponsors

