

# LET'S RUN. RUN. RUN.



## HOW TO COMPLETE YOUR MARATHON

- 1 Find a safe place to run.
- 2 Walk or run 25 miles, read 13 books, eat 26 healthy meals and perform 13 do-rights (good deeds) before November 29th.
- 3 Look at the schedule below for help in planning your runs.
- 4 Come to the Seattle Center on Saturday, November 30, 2024 to run the final 1.2 miles of your Marathon! Don't forget to bring your trackers!

## TRAINING TIPS FOR YOUR MARATHON

- 1 Wear running shoes or sneakers and socks. Proper footwear helps prevent foot problems.
- 2 Run/walk with a friend. You can encourage each other that way.
- 3 Talk while you run/walk, you can maintain the perfect pace that way.
- 4 Stretch your legs before you run. Stretching helps prevent injuries. Hold each stretch for 20 seconds without bouncing up and down.
- 5 Drink lots of water after you run and throughout the day. Water helps muscles do their work.
- 6 Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking every day.
- 7 Eat a well-balanced diet including lots of protein and carbohydrates. Your body needs fuel to do its work!

## A TRAINING SCHEDULE FOR YOUR MARATHON

Below is a training schedule with suggested distances or you may set up your own schedule. If you can only run or walk a little, keep trying. If you run or walk more than a mile per day, great! If you play a lot of soccer or other sports where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run or walk the final distance on Marathon Saturday! Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for make up days or to give you a rest day during the week. It is important to keep track of your progress toward your goal. As you complete each mile, color or mark off each mile on the Run-O-Meter.

Monday, Oct 21 - Sunday, Oct 27	.5 mile / weekday	2.5 miles total
Monday, Oct 28 - Sunday, Nov 3	.5 mile / weekday	5 miles total
Monday, Nov 4 - Sunday, Nov 10	1 mile / weekday	10 miles total
Monday, Nov 11 - Sunday, Nov 17	1 mile / weekday	15 miles total
Monday, Nov 18 - Sunday, Nov 24	1 mile / weekday	20 miles total
Monday, Nov 25 - Friday, Nov 29	1 mile / weekday	25 miles total
<b>Race Day! Saturday, Nov 30</b>	<b>1.2 miles</b>	<b>26.2 miles total</b>