

Fly Up to 5K

EVENT

Congratulations on taking the next step in the Kids' Marathon program, the Fly Up to 5K! We hope this program will help you continue a lifetime of healthy habits. With this program, you can track your training as you prepare for 5K distance. A good way to stay on top of your training is to set goals. This can be anything from the minutes or miles you train during the week to committing to training two days a week. Set a goal and then share it with your friends or training group. They can help you stay accountable!

Make sure to register for the Tri-State Running Company 5K on May 5, 2018 of Flying Pig Weekend at www.flyingpigmarathon.com and select your school when prompted. Race kicks off at 10am!

Questions? Email kids@flyingpigmarathon.com for more information

TRAINING PROGRAMS

Beginner 5K Program: This beginner version is designed for those who may not be runners yet but want to run the Tri-State Running Company/Flying Pig 5K. It slowly progresses from walking and running intervals until you can run a full 5K!

Intermediate 5K Running Program: This program is designed for those who are athletic and can already run at least a mile without walking. It is designed for athletes who want to stay in shape during the offseason or begin to compete at the 5K level.

For more information on each of the middle school training programs, please visit www.tristaterunning.com, click on the **Training Tab**, select **Groups**, and then **Middle School 5K Training**.

BE SMART, EAT WELL AND MOVE MORE!



CELEBRATING 20 YEARS RUNNING

2018

Flying Pig 5K

Mileage and Nutrition Tracker

HOG LOG



Presented by:



Fly Up To 5K HOG LOG



Presented by:

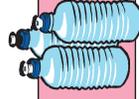
Name _____ Age _____

ZIP Code _____ Email _____

TRAINING TRACKER Record your distance or time spent training each day							
Week #	Mon	Tue	Wed	Thur	Fri	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							

MAKE HEALTHY CHOICES

Eating well is so important to being healthy. You need the right nutrients from the right foods to be a strong and healthy athlete. Just like setting training distance goals, you can set goals for good nutrition, too!



Rethink Your Drink!

Avoid soda & sweetened drinks. Stay hydrated with healthier choices like water, milk and 100% juices. Drink only healthy beverages today.



Focus On Fruits And Veggies!

Fruits and vegetables offer awesome sources of vitamins, minerals and other nutrients. Try something new... you might like it! Try 3 fruits and/or veggies to day.



Go For The WHOLE Grain!

Grains provide our main energy source for the body and brain. Get the ultimate fuel by eating breads, cereal and grain products that are **WHOLE**. Eat at least 1 **WHOLE** grain today.



Get Calcium!

Building strong bones and muscle takes calcium. Low and non-fat milk, yogurt and cheese are excellent sources. Go for 3 servings of calcium-rich foods today.

TRAINING TIPS

Working towards your 5K goal can be challenging, but Tri-State Running Company can help!

- 👉 Train with a Tri-State Running Training Group, at school and/or with family and friends.
- 👉 Always train in a safe place and never go out alone
- 👉 Start each training session with a warm up and end each session with a cool down
- 👉 Stretch after your workout. This will improve flexibility because the muscles are already warmed up

For more information on nutrition, training and more visit www.flyingpigmarathon.com/fly-up-to-5K.



FEELING INSPIRED?

Don't forget to like our Facebook page "Flying Pig Marathon" for motivation and to stay updated.

Tag [@runflyingpig](https://www.instagram.com/runflyingpig), [@TriStateRunning](https://www.instagram.com/tristaterunning) or [#FlyUpTo5K](https://www.instagram.com/flyupto5k) in your posts about your program, training, mission and goals.

Register for the Cincinnati Flying Pig 5K sponsored by Tri-State Running Company at www.flyingpigmarathon.com.