

## FLYING PIG FLY UP TO 5K

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 Flying Pig 5K, presented by Tri-State Running Company, on May 4, 2018 of Flying Pig Weekend at [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com) and select your school when prompted. Race kicks off at 10 a.m!

Questions? Email [kids@flyingpigmarathon.com](mailto: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 Flying Pig 5K, presented by Tri-State Running Company. 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 our youth event page and click on the *Training Tab*.

> BE SMART, EAT WELL AND MOVE MORE!



# 2019 FLYING PIG FLY UP TO 5K

MILEAGE AND NUTRITION  
TRACKER >>

# HOG LOG

BE SMART, EAT WELL AND MOVE MORE!







# HOG LOG

MILEAGE

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ZIP CODE \_\_\_\_\_ EMAIL \_\_\_\_\_

## NUTRITION CHALLENGES


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 goals for reaching marathon distance, you can set goals for good nutrition, too.

We have set 4 Nutrition Challenges as your daily goals. Try to reach each of these goals as often as you can.

## TRAINING TRACKER


RECORD YOUR DISTANCE OR TIME SPENT TRAINING EACH DAY

	Mon.	Tue.	Wed.	Thur.	Fri.	Sat.	Sun.
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							




### RETHINK YOUR DRINK

Avoid soda and sweet drinks. Stay hydrated with healthier choices like water, milk and 100% juices.  
**I drank 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!  
**I tried 3 fruits and/or veggies today.**

### GET CALCIUM

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

### 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**.  
**I had at least 1 WHOLE grain today.**


## TRAINING TIPS

Working towards your 5K goal can be challenging, but the Flying Pig can help!

Train with a Flying Pig 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](http://www.flyingpigmarathon.com/fly-up-to-5k)



### EXERCISE YOUR BRAIN

Get your brain some healthy food.  
**Read an additional 15 minutes above your usual.**


### FEELING INSPIRED?

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

Tag @runflyingpig or #FlyUpTo5K in your posts about your program, training, mission and goals.

Register for the Cincinnati Flying Pig 5K, presented by Tri-State Running Company, at [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com).