

Fly Up To 5K, presented by EY

Looking for a challenge or trying to cross a 5K off of your bucket list? Join us for the 2022 Fly Up to 5K event on April 30th and commit to choosing healthy habits. Use this 5K Hog Hog Log or the ASICS Runkeeper App to track your mileage as you work up to the 5K distance.

Kick off your training by setting goals. This can be anything from the number of minutes or miles you plan to train during the week to committing to choosing other healthy habits like better nutrition or stretching after each workout. Set a goal and then share it with your friends or training group. They can help you stay motivated and accountable!

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 challenge themselves to finish a 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.



Fly Up To 5K Hog Hog Log '22



Registration

To register, access youth training resources & more, visit www.bit.ly/pigflyup. Remember to select your school or group during registration for the event.

Register Now!



Put Your Swine on the Line



Mileage & Nutrition Tracker

BE SMART, EAT WELL & MOVE MORE!

MILEAGE AND NUTRITION TRACKER

NAME _____ AGE _____

ZIP CODE _____ GROUP NAME _____



Mileage

FLYING PIG OINK-REMENTAL MARATHON MILEAGE TALLY

	MON	TUE	WED	THUR	FRI	SAT	SUN
1							
2							
3							
4							
5							
6							
7							
8							
9							
10							
11							
12							

Add the date, number of miles or minutes that you spent running/walking to the mileage chart above.

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.

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. Try setting some nutrition goals to go along with your training!

RETHINK YOUR DRINK



Avoid soda and sweet drinks. Stay hydrated with healthier choices like water, milk and 100% juices.

FOCUS ON FRUITS AND VEGGIES



Fruits and vegetables offer awesome sources of vitamins, minerals and other nutrients. Try something new... you might like it!

GET CALCIUM



Building strong bones and muscle takes calcium. Low and non-fat milk, yogurt and cheese are excellent sources.

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.

Feeling Inspired?

Follow us on Twitter and Instagram for motivation and to stay updated.

Tag @runflyingpig or #RunFlyingPig and share your training photos with us!

Register for the Flying Pig 5K on April 30th, at www.flyingpigmarathon.com

