

trans**Fit** Kids Couch to 5K - Let's Get Moving!

Name: _____

Date	Stage
GREAT JOB! YOU EARN	_____
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	RUN	WALK	REPEAT
Stage 1	2 min	5 min	5x
Stage 2	3 min	3 min	5x
Stage 3	5 min	2.5 min	4x
Stage 4	7 min	3 min	3x
Stage 5	8 min	2 min	3x
Stage 6	9 min	2 min	3x
Stage 7	9 min	1 min	3x
Stage 8	13 min	2 min	2x
Stage 9	14 min	1 min	2x
Stage 10	RUN 30 Min!!!! Congratulaton!!!		

INSTRUCTIONS:

*To complete each stage: Run for the amount of time listed, walk for the amount of time listed, then repeat the number of times listed. So for Stage 1 you would run 2 minutes, walk the next 5 minutes, and go back to running for two minutes, and so forth.

HELPFUL HINTS:

- *Always designate the first 5 minutes as a fun warm up!!
- *It's easier to run in the Fall because it's not as hot.
- *Run with your iPod to make it more fun - update your songs so each time you run you'll have something new to listen to.
- *Run to a destination like your neighborhood pool or park so you'll have something to look forward to!
- *Run with a friend to make the time pass by more quickly.
- *Go at your own pace - even a slow jog is the same as running!
- *Work on each stage week by week - when you feel comfortable, move on; if not stay where you're at until you're ready to move on.
- *As always, have fun! :)

PARENTS:

- *This program is appropriate for children ages 5 and up.
- *Try to encourage your child to run 3-4 times a week.
- *Give incentives such as new socks or running shoes, and many high fives along the way!

Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your body. 1 Corinthians 6