

SUBWAY KIDS ROCK™

SAN ANTONIO POWERED BY
SAN ANTONIO SPORTS

TRAINING GUIDE AND ACTIVITIES BOOKLET



**TRAINING TIPS AND
ACTIVITIES INSIDE**



800.311.1255

KIDSROCKSeries.com





To the men and women who help shape the lives of our kids:

Thank you for being a great partner with San Antonio Sports through the many efforts we put forth to make a difference in the health and wellness of our elementary school children. As a result of your input, trust and support, the impact of our programs continues to grow in both quality and results.

For the past eight years, San Antonio Sports has teamed up with the Competitor Group to encourage kids to get involved in running, jogging and walking and being a part of the exciting Humana Rock 'n' Roll San Antonio Marathon and 1/2 Marathon Weekend. This year, the SUBWAY® KiDS ROCK training program begins on October 9. Please distribute the SUBWAY® KiDS ROCK training log brochures that have been delivered to your school to each of your students and encourage them to walk, run or jog 25.2 miles over the next 8 weeks (average of less than 2/3 mile per weekday).

The culmination of the SUBWAY® KiDS ROCK program will be staged at Brackenridge Park at 9:30 a.m. on Saturday, December 2. Participants in kindergarten through 7th grades can complete the last mile of their marathon at this one-half or one-mile fun run. Each participant will receive a t-shirt, medal and a single day ticket to the San Antonio Zoo. What a great way to celebrate his or her accomplishment!

Also, please use this training guide to assist you with lesson plans or to generate ideas that will make this program fun for your kids.

We are grateful for all you do!

A handwritten signature in blue ink that reads "Russ Bookbinder".

Russ Bookbinder
President and CEO

SUBWAY KIDS ROCK™

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Hi KiDS!

Welcome to your SUBWAY® KiDS ROCK Training Guide and Activities booklet! You'll find a bunch of great information and fun things to do on the pages that follow. We wish you the best of luck with your running and training and look forward to seeing you at a SUBWAY® KiDS ROCK finish line. We know you're going to do great!

Your friend,

Rod Dixon

This is a photo of me when I was just 12 years old running in a cross country race in New Zealand. I finished about 28th in the race, but do you know what? Even though I didn't win the race, I finished! "Finishing is Winning and Winning is Finishing." And 10 years later I won an Olympic Medal. Most of the world's best runners did not win or even "do well" in their first races.

Who is Rod Dixon?

For 17 years, Rod Dixon was one of the best middle distance runners in the world. He is an Olympic medalist, two-time world cross-country championship medalist and a 1500m champion of the United States, France, Great Britain and New Zealand. In the Pacific Conference Games, he won two gold medals and in his later years was a two-time World Masters Champion (40 and over).

Rod Dixon also won the 1983 New York City Marathon and was the #1 road racer in the United States. He represented New Zealand at four Olympic Games and was a coach for the Fiji Olympic team.

Rod now focuses his time on helping KiDS learn to love running as much as he does!

INTRODUCTION

Before you begin your training, here are some important tips. Running is a great sport that can be a lot of fun if done correctly, so use this check-list to get the most out of your program.

1. Always run in a safe, well-lit area where your parents, teacher, or coach can see you at all times.
2. Wear clothes and shoes that are comfortable, fit well and allow you to move freely.
3. Always do a warm-up and stretch before and after you run.
4. Exercise with friends and family to make it fun.
5. Eat healthy foods so you'll have energy to run.
6. Drink plenty of water each day to keep your body hydrated.
7. Have fun and encourage others to do the same!



Finishing is Winning, Winning is Finishing™!

A part of the SUBWAY® KIDS ROCK team is Rod Dixon's Kids Marathon Foundation (KMF). KMF's mission is to create a life-long commitment to good health and fitness habits in children at risk of obesity-related health problems. Check out kidsmarathon.com for more information.



A Runner's Checklist

Here is a list of things to help you start off on the right foot!

- Proper running shoes and socks
- A pair of shorts
- Your favorite t-shirt
- A pair of sweats to keep warm
- Good friends to train with
- A positive attitude
- Get a family member to join you!

Training Tips and Secrets...shhhhh!

Warm-Up

When your muscles are cold, they're not at their best. Much like a piece of bubble gum (it takes a few minutes of chewing before you can blow a great big bubble), muscles need a few minutes of activity to warm-up and reach their full potential. Do an easy jog and some light stretching before you begin to run fast, jump high, or play your favorite sport. Warming up your muscles helps them stretch farther with less chance of injury. This extra stretch, just like a rubber band, helps your muscles create more power. Below are some of my favorite stretches, but feel free to add ones you like, too!



Cool-Down

Follow your workout with another easy activity like walking and some light stretching. This will make you feel better after your run and help you recover for the next day.

Rest and Recovery

Believe it or not, rest and recovery are a huge part of a good fitness program. When you exercise, your body makes changes so that the next time you do the same activity, you can do it even better. However, your body can only make these changes if you allow it to rest.

Getting enough rest means:

- Getting a good night sleep. Eight hours is good; nine hours is better.
- Including relaxing activities in your daily routine like reading and spending time with your family.
- Taking a nap if you're feeling tired. That's right... you earned it.

Suggested Training Schedule

Hi KiDS - here is where the real fun begins! Remember to always start with running a very easy warm-up (see warm-up routine below) and then 5 minutes of warm-up exercises (from page 4). Then choose your color-coded workout for the day from the chart on the next page. Also - remember to finish with 5 more minutes of cool-down exercises (from page 4) - stretching is very important for your muscles! You can choose any day of the week to train. For the first two weeks you only run 4 days a week! When you have accomplished the week's training, have your teacher, coach or parent initial the check box. Then, when your training is done, run the final mile on the home stretch of the actual SUBWAY® KiDS ROCK course. After that, you are an official SUBWAY® KiDS ROCK finisher! Get excited! Wow! What an awesome accomplishment!

Good luck,



For beginner SUBWAY® KiDS ROCK runners, we recommend that you repeat the 4-week training program twice.

Warm-up routine:

Week #1 & #2 run an 4 minute warm-up
Week #3 & #4 run an 5 minute warm-up
Week #5 & #6 run an 6 minute warm-up
Week #7 & #8 run an 7 minute warm-up

Race day preparation:

- 2 days before race day = easy running for 4 minutes, race pace for 1 minute and finish with easy running for 5 minutes
- 1 day before race day = rest, no running at all

Sample workout:

- Warm-up running routine for the day (4-7 minutes, see warm-up routine)
- 5 minutes of warm-up exercises
- Choose color-coded workout
- Cool down with 5 more minutes of exercises and/or walking
- Get your teacher, coach or parent to initial check-box

Definition of running words:

- Easy Running = slow jog, conversational pace (you should be able to talk while you are running!)
- Race Pace = how fast you run in the KiDS ROCK finale!
- Fast Pace = somewhere in between your race pace and a sprint – but not all out - quick, light on your feet running, but NOT running as fast as you can



4 week training program:

Week 1: Week 2:

- Day 1: Yellow
- Day 2: Green
- Day 3: Yellow
- Day 4: Green

Week 3: Week 4:

- Day 1: Yellow
- Day 2: Blue
- Day 3: Yellow
- Day 4: Green
- Day 5: Yellow

6 week training program:

Week 1: Week 2:

- Day 1: Yellow
- Day 2: Yellow
- Day 3: Green
- Day 4: Yellow

Week 3: Week 4:

- Day 1: Green
- Day 2: Yellow
- Day 3: Blue
- Day 4: Yellow
- Day 5: Green

Week 5: Week 6:

- Day 1: Blue
- Day 2: Yellow
- Day 3: Blue
- Day 4: Green
- Day 5: Yellow

8 week training program:

Week 1: Week 2:

- Day 1: Yellow
- Day 2: Green
- Day 3: Yellow
- Day 4: Yellow

Week 3: Week 4:

- Day 1: Blue
- Day 2: Yellow
- Day 3: Green
- Day 4: Yellow
- Day 5: Green

Week 5: Week 6:

- Day 1: Blue
- Day 2: Yellow
- Day 3: Blue
- Day 4: Green
- Day 5: Blue

Week 7: Week 8:

- Day 1: Blue
- Day 2: Yellow
- Day 3: Green
- Day 4: Blue
- Day 5: Blue



Yellow should be mellow.

- Option #1 Run **race pace** for 7 minutes and then run for 5 minutes very easy.
- Option #2 Run a **fast pace** for 25-30 seconds, followed by **easy running** for 1 minute. Do this 4 times. Finish with some **easy running** for 2 minutes.
- Option #3 Let's do a "KiDS Run-Walk" for 16 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes. Repeat the "KiDS Run-Walk".
- Option #4 Run 7 minutes very easy, then run for 12 minutes at a **fast pace**, and then run for 7 minutes very, very easy again.
- Option #5 Run easy for 15 minutes.
- Option #6 Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy – then decrease your number of steps – run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.

- Option #1 Run 9 minutes at **race pace** and then run for 10 minutes very easy.
- Option #2 Run **fast pace** for 25-30 seconds, followed by **easy running** for 1 minute. Do this 5 times. Finish with some **easy running** for 2 minutes.
- Option #3 Run for 8 minutes very easy, then run for 10 minutes at a **fast pace**, and then run for 5 minutes very easy again.
- Option #4 Let's do a "KiDS Run-Walk" for 24 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes and walk for 2 minutes. Repeat the "KiDS Run-Walk" 6 times.
- Option #5 Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 40 steps **fast pace**, run 40 steps easy - then decrease your number of steps – run 30 steps **fast pace**, run 30 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.
- Option #6 An organized and active practice or game of baseball or tee-ball.

Green is for go!

Blue is for reach for the sky!

- Option #1 Run for 12 minutes at **race pace** and then run for 12 minutes very, very easy.
- Option #2 Run **fast pace** for 25-30 seconds, followed by **easy running** for 1 minute. Do this 6 times. Finish with **easy running** for 3 minutes.
- Option #3 Run for 12 minutes very easy, then run for 12 minutes at a **fast pace**, and then run for 5 minutes very easy again.
- Option #4 Let's do a "KiDS Run-Walk" for 28 minutes today! A "KiDS Run-Walk" is when you run a **fast pace** for 2 minutes and walk for 2 minutes. Repeat the "KiDS Run-Walk".
- Option #5 Run 10 steps **fast pace**, run 10 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 40 steps **fast pace**, run 40 steps easy, run 50 steps **fast pace**, run 50 steps easy – then decrease your number of steps – run 40 steps **fast pace**, run 40 steps easy, run 30 steps **fast pace**, run 30 steps easy, run 20 steps **fast pace**, run 20 steps easy, run 10 steps **fast pace**, run 10 steps easy.
- Option #6 An organized and active practice or game of soccer, basketball, football or a swim meet or a tennis match.

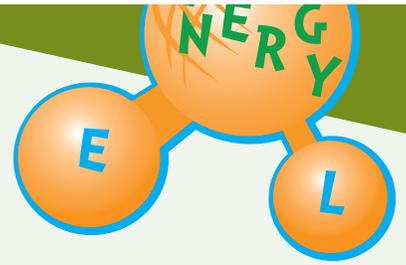
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**nutrition
services**

Nutrition Tips and Healthy Eating



Hey, Kids! Your awesome growing bodies need your help!

When you put good food into your body, it will convert to fuel and energy. Does your mom's car run on soapy water? No, it runs on gasoline, which is the correct fuel for a car. You've got to give your body the correct fuel; the food that will make it healthy and function at its absolute best. You'll feel better, have more strength... and run faster!

Here's a crazy fact: Someday you're going to be old. Probably older than your parents are now. (We said it was crazy!) If you choose the right foods now and keep your body moving, you'll lay the foundation for a much healthier life and be around for your grandchildren ... and maybe their children. Now that's crazy!

H-E-B Nutrition Do's:

- Eat a good breakfast.
- Drink water - lots of it.
- Drink fruit juice, but mix with water.
- Eat good snacks.

Just for fun try out some of these ideas!

Breakfast:

- Low-fat yogurt
- Fruit
- Granola

Snack:

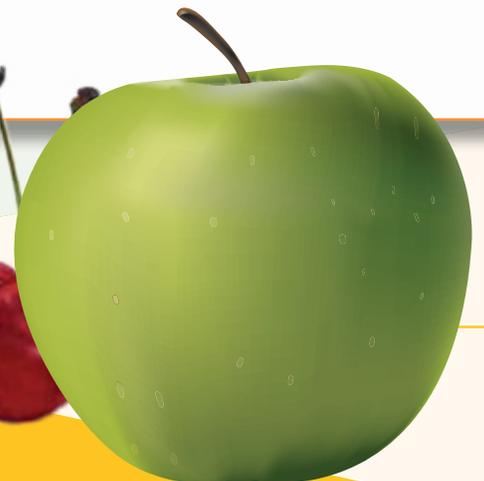
- Low-fat cheese stick with a banana
or
- Low-fat cottage cheese with a fresh peach

Lunch:

- Salad/vegetable
- Turkey sandwich on yummy whole wheat bread

Dinner:

- Baked potato
- Grilled chicken breast (size: the palm of your hand)
- Favorite vegetable



What to eat?

Mix it up! Eat a variety of good foods. Put some banana on your cereal; have a yogurt with your peanut butter sandwich; have some vegetables and brown rice with that chicken.

Go Pro!

*Protein is important for your body to grow and for building strong muscles. Protein-Rich Food:

1. Beef, pork, chicken, turkey and fish.
2. Eggs pack lots of protein in a tiny package.
3. Dried beans: hummus, chili, lentil soup, chickpeas, split peas and yummy baked beans.
4. Edamame (Eda-who? Edda-MOM-ay.) Those little green bean-looking things are yummy snacks. Dare you to try!
5. Nuts and seeds: almonds, sunflower seeds and pumpkin seeds.
6. Go for the moo power! Dairy products: milk, yogurt and cheese — all low-fat, of course. Milk not only gives you needed protein, but has lots of calcium for growing bones! Chocolate milk is also a great recovery drink – so after a work-out, drink up!

Carbs Are Kids' Friends

* If they're the right carbs, that is. Healthy carbohydrates from grains, fruits and veggies are the best source of muscle fuel.

Healthy Carbs:

1. Grains: wheat, brown rice, corn and oats. Whole grains are the best, especially if they are brown. If you actually try whole wheat bread or pasta, you'll find the taste is even sweeter than regular white bread and pasta. Try whole grain cereals or whole wheat bagels, oatmeal, brown rice cakes, whole grain crackers, popcorn, toasted corn chips, corn tortillas and brown rice.
2. Fruits and vegetables are nature's vitamin pills. They provide the "spark plugs" needed for your "engine" to run smoothly and powerfully. You should have lots of color each day.

TRY TO EAT LOTS OF "COLORS" OF FRUITS AND VEGETABLES:

Red - cherries, strawberries, tomatoes

Blue - blueberries

Purple - plums, grapes, eggplant

Green - kiwi, grapes, avocado

Orange - oranges, tangerines, squash, carrots

Yellow - pineapple, summer squash

White - apples, bananas, potatoes

Ask your Mom or Dad to have some handy vegetable snacks like cut-up carrots, cucumber slices, celery and maybe cut-up red pepper strips ready in the fridge for you. They're great with some low-fat ranch dressing as a dip! And be sure to have at least one vegetable with every meal. And what could be yummier than a banana and strawberries when you feel like something sweet? Instead of reaching for the cookies, try some fruit instead.

Good Fats

*Yes there are good fats. . . .

Go low:

Yogurt, salad dressings, cheese, mayo — go for the low-fat version. You won't even know the difference, but your body will have a lot less fat to deal with.

• KIDS ROCK FUN FACTS:

The following section is full of great information to help you succeed. Check out these fun facts and share the things you've learned with your family and friends!

The word "Marathon" came about because a soldier named Phidippides ran from a battlefield at the site of the town of Marathon, Greece to Athens, Greece in 490 B.C. to deliver the message of "victory"!



The first organized marathon was run shortly before the 1896 Olympic Games. In fact, it was the trial for the 1896 Greek Olympic Team to qualify for the first Olympic Marathon. The winner of that first Olympic Marathon in 1896 was Spiridon Louis, a Greek postal worker who finished the 24 mile course in 2:58:50. Soon after in 1897, the first marathon in the United States was run in Boston.

The first time today's 26.2 mile distance was officially used as the marathon distance was in 1908 at the Olympic Games in London. The distance was made slightly longer so it could begin at Windsor Castle in England and finish in front of the Royal Box so the King and Queen could watch it! In 1921, 26.2 miles was adopted as the official marathon distance around the world.

Not until the 1984 Olympic Games in Los Angeles, CA were women allowed to run in the Olympic Marathon. (Well, It was about time!) American Joan Benoit won that first women's Olympic marathon running 2 hours 24 minutes - the equivalent of over 50 minutes faster than Spiridon Louis! The marathon has come a long way in the last 112 years. We hope you'll be a big part of its future!

word search

D H K P R U N N E R O C
 C S O K E M Q W I Z P G T
 O I L Z S X I N C L E V I
 H N U V R N R E T A W I F
 N I G O N P C M P L G C C
 U F S E C H A M P I O N X
 T E R M A E T A H M O L P
 R S R N S M U I C O Z D R
 I V I W T W Q E A T C E G
 T L X C A P E G O Y Z V O
 I B Z P N I S A C M T I C
 O C I L C Q I T W G Z N C
 N K I D S R O C K E S E L

Here is your list of words!

*Hint: some words are backwards

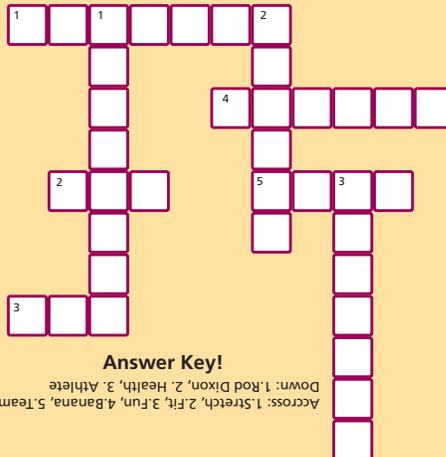
1. Runner
2. Nutrition
3. Kids Rock
4. Water
5. Fit
6. Winner
7. Team
8. Champion
9. Coach
10. Finish

A

Crossword Puzzle

Across:

1. _____ before and after every run.
2. When you are in shape, you are _____.
3. Friends make exercise _____.
4. A tasty yellow fruit
5. You are now a member of a _____.



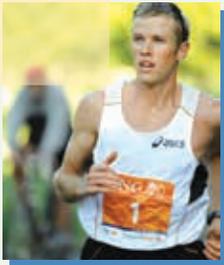
Down:

1. Winner of the 1983 NYC Marathon.
2. _____ and fitness.
3. A person who plays a sport or runs

Answer Key!

Across: 1. Stretch, 2. Fit, 3. Fun, 4. Banana, 5. Team
 Down: 1. Rod Dixon, 2. Health, 3. Athlete

As I stood on the starting line of the 2008 Olympic Marathon in Beijing, China my mind was mulling over one of the most important lessons I learned when I first started running at 13 years old: have fun. When I was young my Dad always told me before my races that “if I wasn’t having fun it wasn’t worth running.” I still think about his words when I start to put pressure on myself before races or in training. I have found that I run my best when I am enjoying myself. I don’t run my best when I am comparing myself to other people, trying to push my body beyond its limit, or trying to run faster than I ever have before. I run my best and my fastest when I am having fun and focusing on what I am doing. So next time you are out on the starting line feeling nervous, remind yourself, “if it’s not fun, it’s not worth doing it.”



Ryan Hall
Winner of 2008 U.S. Olympic Marathon Trials
Co-Founder, The Hall Steps Foundation
TheStepsFoundation.org

Ryan Hall
John 10:10

“Being active is a great gift you can give yourself. You will not only make your body stronger, but you will learn so much about yourself and make great friends. Starting to exercise at a young age gives you a huge advantage over those who don’t. Enjoy the experience! You are starting a lifetime of fun!”



Kara Goucher
U.S. Olympian and World Championship Bronze Medalist

Kara Goucher



“Dream big, work hard, and surround yourself with others who do the same. There is no luck in distance running, it’s hard work, it’s getting out the door; like life, you get out what you put in. Run after your dreams with confidence. Never, ever, ever, give up – believe and achieve.”

Josh Cox

--JC
Josh Cox
American Record Holder for 50m



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SAN ANTONIO ZOO

**Race entry includes one free standard admission
to the San Antonio Zoo!**

HEALTH & FITNESS EXPO

FRIDAY, DECEMBER 1, 2017

12:00 pm – 7:00 pm

Henry B. Gonzalez Convention Center, Halls 4A & 4B

Bring your SUBWAY® KiDS ROCK star to the Humana Rock 'n' Roll San Antonio Marathon & ½ Marathon Health & Fitness Expo to pick up his or her race number* and t-shirt at the SUBWAY® KiDS ROCK area located within the registration zone.

* Race numbers are also available for pick up at Alamo Plaza on race day.

ROCKIN' REWARDS

SUBWAY® KiDS ROCK San Antonio is about setting goals and feeling good about reaching them. All SUBWAY® KiDS ROCK registered participants will receive the following rewards for their efforts:

- Cool SUBWAY® KiDS ROCK t-shirt
- Official SUBWAY® KiDS ROCK training guide (free download!)
- Goal-worthy goodie bag
- Finisher's medal
- One free standard admission to the San Antonio Zoo*

*Restrictions apply.

Visit RunRocknRoll.com/san-antonio/register to sign up. Entry fee through Sunday, November 26 is \$25. At the Health & Fitness Expo on December 1, entry fee is \$30.

THE FINAL MILE

Saturday, December 2, 2017

9:30 am (subject to change)

Alamo Plaza

* 1-mile Fun Run for 1st-7th graders
1/2 mile for Kindergartners

SUBWAY



Helping Here.



VALERO
ENERGY FOUNDATION



COMMUNITY FIRST
HEALTH PLANS
Keeping Our Commitment to You



Humana
Rock n' Roll
MARATHON & 1/2
SAN ANTONIO

Learn more about San Antonio Sports and our vision of healthy kids, places to play and events that impact at SanAntonioSports.org



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