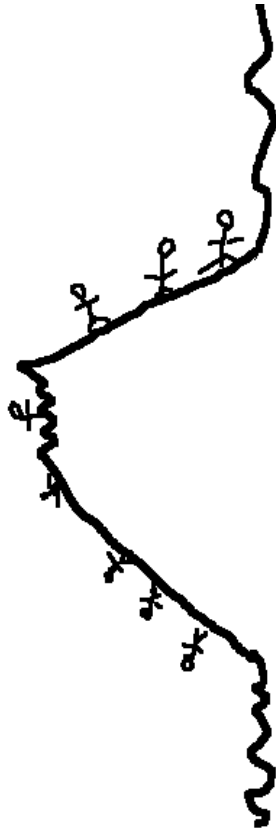


The 18th Annual EQUINOX KID'S MARATHON

September 18th, 2021



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Color me!

The 18th Annual EQUINOX KID'S MARATHON

Suggested Timeline (feel free to go at your own pace, and follow your own schedule)

	Miles per day	Total Mileage
Aug. 9-15	0.5	2.5
Aug. 16-22	0.5	5
Aug. 23-29	1	10
Aug 30- Sept 5	1	15
Sept. 6-12	1	20
Sept. 13-17	1	25
Sept. 18	1.2	26.2!

The goal of the Kid's Marathon is to help you incorporate fitness into your daily routine. The program begins with two weeks of 0.5 mile per day, and allows for two "rest" days per week. You can run and/or walk your miles. Remember to stretch after your runs, drink plenty of water every day, and get plenty of sleep. Questions? Call Tracey Martinson at 474-8353.