

AT HOME MOVEMENT | JUST GO FOR IT

Getting started sometimes is the hardest part. So, just go for it!



Don't forget to log your activity and share with your coach.

WARMUP

JUMPING JACKS: Pick a word you know how to spell. Do jumping jacks while you spell the word. Rest and repeat 2-3 times.

BICYCLES: Lie on back with legs and feet in the air. Move legs like pedaling a bike. Pedal slow, medium and fast for 30 seconds each. Rest in between pedaling speed.

FIVE MINUTES

MOVEMENT

Go for a jog with short walk breaks. Set your timer or check your watch. Jog for 45 seconds and walk for 30 seconds. Repeat 8 times.

TEN MINUTES

COOL DOWN

SKY HIGH: Reach up and touch the sky for 10 seconds. Then, reach down and touch your toes for 10 seconds. Repeat 2-3 times.

QUAD STRETCH: Stand, reach back and grab your left ankle with your left hand, bending your knee to the ground. Hold for 20 seconds, then switch legs.

FIVE MINUTES

MOTIVATIONAL TIP: STICK TO IT: When trying to form new habits, making a schedule and sticking to it is important.

MOVEMENT TIP: RUN TALL: Keep the body lengthened and upright. Roll your shoulders back and don't lean too forward when running.

PARENT TIP: Being physically active should be fun. The key is to have a positive experience so they want to do it again.

MARATHON KIDS

AT HOME MOVEMENT | MIX IT UP

Doing a variety of physical activities helps train your body to be strong and flexible.



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WARMUP

ARM CIRCLES: Start with small forward arm circles, then gradually get bigger. Then rotate from big backward arm circles to small backward arm circles.

LEG SWINGS: Hold onto something and balance on one foot. With the opposite leg, swing that leg back and forth for 30 seconds. Then, switch and repeat with the other leg.

FIVE MINUTES

MOVEMENT

TABATA TIME: Do each exercise for 20 seconds and rest for 10 seconds, then repeat this three more times. It's your choice to do these four exercises or choose your own exercises you'd like to complete.

1. Mountain Climbers: Start in push-up position. Legs "climb the mountain" similar to running for 20 seconds. Hands stay on the ground.

2. High Skips: Skip as high as you can. Be sure to stretch your raised arm up high when you skip, to jump even higher. You can skip in place or go back and forth for 20 seconds.

3. Frog Jumps: Jump like a frog. Touch the ground and reach for the sky during each jump.

4. Hold Plank: Start in a push-up position, on your hands and feet. Hold for 20 seconds. Make sure your hands are in line with your shoulders and your body is level.

TEN MINUTES

COOL DOWN

WINDMILL: Stand tall with feet apart and arms raised to make an X. Take your right hand and touch your left foot. Stand tall. Then take your left hand, touch your right foot. Repeat several times.

COBRA: Lie down on your belly with hands under your shoulders. Press your upper body up like a push-up. Leave your hips, legs, and feet flat on the ground. Hold for 10 seconds then lower back down to repeat 2-3 times.

FIVE MINUTES

MOTIVATIONAL TIP: LISTEN: It's important to listen to your body. Don't start off too fast or try to do too much.

MOVEMENT TIP: BREATHE: Remember to breathe. A good rule of thumb is to be able to talk while you exercise. Working hard enough but not overdoing it.

PARENT TIP: Trying something new is unknown which can be scary. Provide words of encouragement. Even better, try the exercises with your child.

AT HOME MOVEMENT | KEEP GOING

Don't give up! You can do this. When it gets hard, that's when you will become faster and stronger.



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WARMUP

JUMP ROPE: Pretend to jump rope for 20 seconds. Rest and repeat 3 times.

CRAB WALK: Walk backward like a crab on hands and feet, then go forward. Try to crab walk for 30 seconds then repeat three more times.

FIVE MINUTES

MOVEMENT

Go for a jog with short walk breaks. Set your timer or check your watch. Jog for 1 minute then walk for 30 seconds. Repeat 7 times.

TEN MINUTES

COOL DOWN

GROUND DOWN: Stand with feet shoulder-width apart. Touch the ground in between your feet for 20 seconds. Touch right foot for 20 seconds. Touch left foot for 20 seconds. Try keeping knees straight.

BUTTERFLY STRETCH: Sit on the ground with knees bent and feet touching (legs look like butterfly wings). Slowly flap wings 15 times. Rest, then repeat two times.

FIVE MINUTES

MOTIVATIONAL TIP: OFFER SUPPORT: Always cheer on yourself and others with positive words of encouragement. If you think you can, you are more likely to succeed.

MOVEMENT TIP: When running, arms and hands should move forward, not sideways across the chest.

PARENT TIP: Make sure your child is drinking enough water. Our brains and bodies function better when hydrated.

MARATHON KIDS

AT HOME MOVEMENT | SPORT IT UP

What's your favorite sport or activity? Practicing those skills will help you be physically active and keep you sharp for game day.



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WARMUP

STAR JUMPS: Do 10 star jumps. Jump with arms and legs outstretched, like a star, while in the air. Rest, then repeat.

BEAR CRAWLS: Crawl on your hands and feet, like a bear, from one spot to another. Rest, repeat 3 times.

FIVE MINUTES

MOVEMENT

PRACTICE A SPORT. Shooting baskets, dribbling a soccer ball, or running short sprints to help you run bases are fun ways to be active. Or, maybe you prefer skateboarding, rollerblading, or jump roping. The most important thing is to have fun and pick something you enjoy.

TEN MINUTES

COOL DOWN

CLIMB THE LADDER: Pretend to be climbing a very tall ladder. Stretch out arms and knees. Do this for 30 seconds. Rest then repeat.

TOUCH YOUR TOES: Sit with your legs outstretched, shoulder-width or more apart. Lean forward and try to touch your toes, one leg at a time. Hold for 30 seconds. Repeat until cool.

FIVE MINUTES

MOTIVATIONAL TIP: WORK HARD: Whether you are slow or fast, all that matters is that you do your best.

MOVEMENT TIP: AGILE: Moving your body in a variety of ways and in different directions helps you prevent injury and improves coordination and reaction time.

PARENT TIP: Physically active kids are more likely to thrive academically and socially. Encouraging movement and participation helps model the importance of staying active for your health and your mind.

AT HOME MOVEMENT | LET'S GO FAST

Running at different speeds or up a hill helps improve your endurance and speed. This will make a flat, steady pace run feel easier.



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WARMUP

JUMP AND JOG: Jog in place for 30 seconds, then jump in place for 30 seconds. Rest and repeat.

PUNTER KICKS: Bring one leg straight up, and bend waist to touch toes with hand. Walk slowly and touch alternating toes with each step. Do this 10-15 times.

FIVE MINUTES

MOVEMENT

GO FAST: Find a location you can run from one designated spot to another. Run from one driveway to the next, run a small hill in the neighborhood, or run from one side of your backyard to the other. When you are ready, say GO! You will run as fast as you can from the starting point to the stopping point. Then, walk back to the beginning to recover. Rest then repeat several times.

TEN MINUTES

COOL DOWN

HEEL TOE: Walk in circles on heels for 20 seconds. Walk in circles on tiptoes for 20 seconds. Repeat.

CALF-STRETCH: Start in push-up position. Bend one knee forward. With the other leg, try to touch the heel of your foot to the ground. Hold for 20 seconds then switch legs. Repeat.

FIVE MINUTES

MOTIVATIONAL TIP: GRIT: The ability to keep working towards a goal, overcoming challenges, and sticking with it, even when it's hard.

MOVEMENT TIP: RUN LIGHTLY: Your foot should land as soft and quiet as possible rather than pounding into the ground when running.

PARENT TIP: STRIDE: When conquering hills or sprints, focus on short, quick strides with feet popping off the ground. Feet should be pointing forward with knees bent and lifting off the ground in front of the body when running.

MARATHON KIDS

AT HOME MOVEMENT | YOU PICK

Having a choice in how you stay active makes you want to stay active. Being active is a lifelong activity that will help your mind and body no matter what age you are.



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WARMUP

JOG IN PLACE: Jog in place and count to 20. Rest. Jog in place with arms straight out to your side and do small arm circles forward. Rest. Repeat with small arm circles backward.

BEACH TIME: Pretend to be at the beach, walking through deep sand, jumping over the waves, shaking off the sand.

FIVE MINUTES

MOVEMENT

YOU PICK:

- Go for a jog for 4 minutes in one direction, then turn around.
- Have a dance party. Just Dance, Go Noodle, or turn on your own music!
- Practice a sport skill.
- Create your own workout. Choose four exercises. Do each exercise for 20 seconds with a 10-second rest in between. Repeat 4 times.

TEN MINUTES

COOL DOWN

STRETCH AND SPELL: Use your body to spell out a word. Form your body into the letter shape. Choose 3 words to spell.

RUNNER ANGELS: Walk in place until your heart rate slows. Then, lie down and make "snow" angels on the ground for 20 seconds. Rest, then repeat until cool.

FIVE MINUTES

MOTIVATIONAL TIP: FUN RUN: Running with friends and family is not only safer, it makes working toward a goal that much more fun.

MOVEMENT TIP: RELAX: Avoid clenching muscles, especially the upper body/face when running. Relax your shoulders and hands.

PARENT TIP: Make physical activity a priority. Kids need 60 minutes a day of heart-pumping activity.