

Keep Moving Calloway!

SPRING 2017

Exercise is optional; movement is essential.



Table of Contents:

Challenge Plan	2
The Components	3
Questions & Answers	4
Participant Instructions	5
Appendix 1: Tracking Tool	7
Appendix 2: Race Day Training Schedules.....	10
Appendix 3: Walk/Run Routes	14

Keep Moving Calloway

10 Week Physical Activity Challenge

Challenge Plan:

Keep Moving Calloway is a **10-week challenge** designed so that each participant can increase their physical activity level in a safe and effective manner.

Campaign Duration: February 13th – April 21st

Employees are challenged to increase the amount of weekly exercise by monitoring current levels and tracking increases.

The goal of this campaign is not to magically transform all participants into half-marathon finishers. Not everyone should attempt a half marathon. We believe that the victory is in crossing the finish line, no matter the distance.

It doesn't matter whether your goal is to:

- become physically active,
- lose weight,
- train for your first 5K,
- split the difference with a friend by taking on the relay,
- train for your first half marathon, or
- if you plan to walk, jog, run or crawl...



Whatever the goal, embrace it as your own personal challenge.

The Components:

Pre-Assessment and Registration: February 6th-10th, 2017.

Initial physical assessment and registration: February 6th-10th, 2017 (Businesses must call 270.762.1837 or 270.762.1832 to schedule on-site pre-assessments no later than the last week of January 2017.

Physical Activity Tracking Tool:

Determine your baseline activity level, set your goals and track your progress on the supplied recording tool throughout the 10 week program.

Recording tools may be:

- Turned in directly to the champion
- Submitted electronically on the Lighten Up Calloway Website at www.lightenupcalloway.org

Post-Assessment and Checkout

The Post Assessments will be performed at the Murray Half Marathon EXPO on Friday, April 21st at the Center for Health and Wellness between 6:00 AM and 6:00 PM.

If you cannot make it to the Center for Health and Wellness on April 21st for your post-assessments, alternate arrangements will need to be made no later than April 20th by calling 270.762.1832 or 270.762.1837.

The post assessment is required in order to complete the campaign. You will be able pick up your registration packet **for the race (if this applies) and have your final weight and waist circumference taken at the Expo on April 21.**

Questions and Answers

Why Keep Moving Calloway?

As a follow-up to our initial challenge, “Get Moving Calloway”, this challenge is designed to Keep Calloway Moving by increasing the distance participants are ‘moving’ each week. This challenge can be used by beginner, intermediate or advanced walkers and runners. Whether you walk or run, just Keep Moving Calloway!

I don’t currently walk or run, how do I get started?

Start slowly. Start with walking short periods of time and increasing the time and distance each day. It is better to exercise for shorter periods of time over several days. If you are a beginner, slowly add ¼ mile each week.

I currently walk/run at least 4 miles per week. What now?

Simply increase each week by 10% of your total weekly miles. For example, if you walk/run 6 miles per week, you would increase by 6/10 of a mile every week during the challenge.

What happens if someone does not want to weigh in or be measured?

- do not discourage participation
- advise that they are welcome to participate in the program
- advise that they will only be eligible for the participation prize and that all journals must be completed to be eligible.

Will BMIs be measured?

Not as part of the program. Staff will be able to help individuals estimate a BMI but heights will not be measured, so BMIs will not be calculated.

Do I have to run or jog for the activity?

No, walking, running, jogging, cycling or exercising on the elliptical all count!

Do I have to register and train for the half marathon events to participate in the challenge?

No, training for the half marathon events and registering are your own personal choice. We hope to see you celebrate your accomplishments at the half marathon event, but it is not required for participation.

Participant Instructions

Step By Step Instructions:

Once registered, you will need to use the tools provided to get an idea of where you are now in comparison to where you want to be to achieve your personal goal by April 21st.

Keep in mind that the training schedules provided are simply guidelines to help you stay on pace to meet your event goal. Feel free to adapt them to meet your own personal needs.

Step 1: Discuss with your doctor to ensure that you have medical clearance to participate in exercise and weight loss.

Step 2: Register and have your pre-assessment (weight and waist circumference) measured at one of the scheduled dates and times.

Step 3: Use the log provided and start recording your distance per day on the week of **February 13th-February 18th**—this will be your baseline week.

Step 4: Determine what baseline level you fall under based on your first week's total distance. Depending on which level you fall under, your personal goal will be either to increase your weekly distance by ¼ mile per week or 10% of baseline weekly.

Beginner 3 miles or less

- Increase your total weekly distance by 1/4 miles per week.

**Intermediate/
Advanced** 3.1 miles or more

- Increase your weekly distance by 10% per week.

Step 5: Record your exercise for the next 9 weeks, (increasing your weekly distance by the assigned goal from your initial baseline week level)

Either adding ¼ mile weekly or 10% of baseline mileage weekly.

Step 6: Finalize your recording tool and complete the post assessment on April 21, 2017 at the Center for Health and Wellness during the Murray Half Marathon Expo.

PERSONAL LOG Instructions

1. Complete the scheduled activity.
2. Record your activity and note whether it was running, walking, elliptical, etc. Note if it was a combination, such as walk/run.
3. Record the distance travelled doing the activity.
4. If you could not complete your activity, make a note as to what happened.
5. Finalize and turn in recording tool at the end of the 10 weeks.

Lighten Up Calloway Website Logging Instructions

1. Go to www.lightenupcalloway.org
2. Click on Challenge Heading at top of webpage.
3. Scroll down to Keep Moving Calloway Challenge. Click on Submit your results.
4. All blanks must be filled in to submit. Please fill out with weekly totals.

Appendix 1: Tracking Tool

Week 1: February 13 – February 18						
Weight: _____						
Stay on Track ➡	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡						
Calculate Goal ➡	<p>If your week 1 weekly mileage total falls at 3 miles or below your goal will be to add $\frac{1}{4}$ (quarter) of a mile weekly over the next 9 weeks. If your week 1 weekly mileage total falls above 3.1 miles then your goal will be to add 10% (of your baseline weekly mileage) For example: If your first week mileage total falls at 5 miles then you would multiply $5 \times (.10) = 0.5$ ➡ Your personal goal would be to increase your weekly distance by 0.5 miles every week.</p>					
Personal Notes ➡						




Week 2: February 19 – February 25							
Weight: _____							
Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							

Week 3: February 26 – March 4							
Weight: _____							
Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							

Week 4: March 5 - 11							
Weight: _____							
Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							

Week 5: March 12-18

Weight: _____

Stay on Track 	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage 							
Personal Notes: 							




Week 6: March 19-25

Weight: _____

Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							




Week 7: March 26 – April 1

Weight: _____

Stay on Track 	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage 							
Personal Notes: 							

Week 8: April 2 – April 8

Weight: _____

Stay on Track 	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage 							
Personal Notes: 							

Week 9: April 9 - 15**Weight:** _____

Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							

Week 10: April 16 - 22**Weight:** _____

Stay on Track ➡	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Record Activity and Mileage ➡							
Personal Notes: ➡							

Appendix 2: Race Day Training Schedules

Beginner 5-K (3.1 miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	1 mile run	30 min cross train	1 mile run	Rest	1 mile run	30 min walk
2	Rest	1.25 mile run	30 min cross train	1.25 mile run	Rest	1.25 mile run	35 min walk
3	Rest	1.5 mile run	30 minute cross train	1.5 mile run	Rest	1.5 mile run	30 min walk
4	Rest	1.75 mile run	30 min cross train	1.5 mile run	Rest	1.75 mile run	35 min walk
5	Rest	2 mile run	30 min cross train	1.5 mile run	Rest	2 mile run	40 min walk
6	Rest	2.25 mile run	30 min cross train	1.5 mile run	Rest	2.25 mile run	45 min walk
7	Rest	2.5 mile run	30 min cross train	2 mile run	Rest	2.5 mile run	50 min walk
8	Rest	2.75 mile run	30 min cross train	2 mile run	Rest	2.75 mile run	55 min walk
9	Rest	3 mile run	30 min cross train	2 mile run	Rest	3 mile run	60 min walk
10	Rest	3 mile run	30 min cross train	2 mile run	Rest	Rest	5-K Race

Feel free to switch training days around to suit your schedule. The important thing is to complete each day as best you can.

Intermediate/Advanced 5-K (3.1 miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mile run	30 min cross train	3 mile run	Rest	2 mile run	4 mile run
2	Rest	3 mile run	30 min cross train	3 mile run	Rest	2 mile fast run	4 mile run
3	Rest	3 mile run	30 min cross train	3 mile run	Rest	3 mile run	5 mile run
4	Rest	3 mile run	30 min cross train	3 mile run	Rest	3 mile fast run	5 mile run
5	Rest	3 mile run	30 min cross train	3 mile run	Rest	4 mile run	6 mile run
6	Rest	3 mile run	30 min cross train	3 mile run	Rest	Rest	5-K Test 3.1 mile run
7	Rest	3 mile run	30 min cross train	3 mile run	Rest	4 mile fast run	6 mile run
8	Rest	3 mile run	30 min cross train	3 mile run	Rest	4 mile fast run	7 mile run
9	Rest	3 mile run	30 min cross train	3 mile run	Rest	5 mile fast run	7 mile run
10	Rest	3 mile run	30 min cross train	2 mile run	Rest	Rest	5-K Race

Beginner Half Marathon (13.1 miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3 mile run	2 mile run or cross train	3 mile run	Rest	30 min cross train	4 mile run
2	Rest	3.5 mile run	2 mile run or cross train	3.5 mile run	Rest	40 min cross train	5 mile run
3	Rest	4 mile run	2 mile run or cross train	4 mile run	Rest	40 min cross train	6 mile run
4	Rest	4 mile run	2 mile run or cross train	4 mile run	Rest or easy run	Rest	5-K (3.1 miles)
5	Rest	4.5 mile run	3 mile run or cross train	4.5 mile run	Rest	50 min cross train	7 mile run
6	Rest	4.5 mile run	3 mile run or cross train	4.5 mile run	Rest	50 min cross train	8 mile run
7	Rest	5 mile run	3 mile run or cross train	5 mile run	Rest or easy run	Rest	10-K (6.2 miles)
8	Rest	5 mile run	3 mile run or cross train	5 mile run	Rest	60 min cross train	9 mile run
9	Rest	5 mile run	3 mile run or cross train	5 mile run	Rest	60 min cross train	10 mile run
10	Rest	4 mile run	3 mile run or cross train	2 mile run	Rest	Rest	Half Marathon (13.1 miles)

Intermediate/Advanced Half Marathon (13.1 miles)

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest	3.5 mile run	5 mile run	3.5 mile run	Rest	Rest	6 mile run
2	Rest	3.5 mile run	5 mile run	3.5 mile run	Rest	3 mile run	7 mile run
3	Rest	4 mile run	6 mile run	4 mile run	Rest	3 mile run	8 mile run
4	Rest	4 mile run	6 mile pace	4 mile run	Rest or easy run	Rest	5-K (3.1 miles)
5	Rest	4.5 mile run	7 mile run	4.5 mile un	Rest	4 mile run	9 mile run
6	Rest	4.5 mile run	7 mile run	4.5 mile run	Rest	5 mile run	10 mile run
7	Rest	5 mile run	8 mile run	5 mile run	Rest or easy run	Rest	10-K (6.2 miles)
8	Rest	5 mile run	8 mile run	5 mile run	Rest	5 mile run	11 mile run
9	Rest	5 mile run	6 mile run	4 mile run	Rest	3 mile run	12 mile run
10	Rest	4 mile run	4 mile run	2 mile run	Rest	Rest	Half Marathon (13.1 miles)

Appendix 3: Walk/Run Routes

Walk/Run Routes

Need some help planning your walk/runs to meet your weekly goals?























Just take advantage of the tools below...

As you progress, increase the number of yards you run and decrease the walking interval in between...




















Try out these pre-measured routes:

Location	Distance
CFSB Center	
Center for Health and Wellness	Outdoor track, each lap is 1/3 mile (It has been marked for 10 yard intervals. An easy way to incorporate running is to start by walking for 20-30 yards (2-3 hash marks) and then run for another 10 yards (one hash mark).
Racer Arena	Indoor track, 8 laps = 1 mile
Roy Stewart Stadium	Outdoor track, 4 laps = 1 mile
Murray High School	Outdoor track, 4 laps = 1 mile
Chestnut Park	Outdoor trail, ½ mile
Central Park	Outdoor trail, 3.5 miles
Murray Square ("The Loop")	Outdoor trail, 2 miles
Clarks River	Outdoor trails






















8 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto 4 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto 12 th Street
	Turn RIGHT onto Olive Street
	Turn LEFT onto 8 th Street
	RUN THROUGH CENTRAL PARK
	Turn RIGHT onto Arcadia Circle
	Turn RIGHT onto 12 th Street
	Turn RIGHT onto Southwood Drive
	Turn LEFT onto Hillwood Drive
	Turn LEFT onto Northwood Drive
	Turn LEFT onto 12 th Street
	Turn LEFT onto Payne Street
	Turn LEFT onto 10 th Street
	Turn RIGHT onto Chestnut Street
	Turn RIGHT onto 8 th Street
	Turn RIGHT onto Olive Street
	Turn LEFT onto 12 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto 4 th Street
	Turn RIGHT onto Poplar Street




















7 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto 4 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto 10 th Street
	Turn RIGHT onto Arcadia Circle
	RUN THROUGH CENTRAL PARK
	Turn RIGHT onto Arcadia Circle
	Turn RIGHT onto 12 th Street
	Turn RIGHT onto Southwood Drive
	Turn LEFT onto Hillwood Drive
	Turn LEFT onto Northwood Drive
	Turn LEFT onto 12 th Street
	Turn LEFT onto Chestnut Street
	Turn RIGHT onto 8 th Street
	Turn RIGHT onto Sharpe Street
	Turn LEFT onto 12 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto 6 th Street
	Turn RIGHT onto Poplar Street











6 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto 4 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto 10 th Street
	Turn RIGHT onto Payne Street
	Turn LEFT onto 8 th Street
	RUN THROUGH CENTRAL PARK
	Turn RIGHT onto Arcadia Circle
	Turn LEFT onto 12 th Street
	Turn LEFT onto Chestnut Street
	Turn RIGHT onto 8 th Street
	Turn RIGHT onto Payne Street
	Turn LEFT onto 12 th Street
	Turn LEFT onto Olive Street
	Turn RIGHT onto 8 th Street
	Turn RIGHT onto Main Street
	Turn LEFT onto 12 th Street
	Turn LEFT onto Poplar Street
	Turn RIGHT onto 9 th Street
	Turn LEFT onto Vine Street
	Turn LEFT onto 8 th Street

5 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS


	Turn LEFT onto Poplar
	Turn LEFT onto South 7 th Street
	Turn LEFT onto Chestnut
	Turn RIGHT onto 8 th Street
	Turn LEFT onto Arcadia Circle
	Turn LEFT onto 12 th Street
	Turn LEFT onto Vine Street
	Turn LEFT onto South 11 th Street
	Turn RIGHT onto Poplar Street
	Turn LEFT onto South 10 th Street
	Turn RIGHT onto Sharpe Street
	Turn RIGHT onto North 8 th Street
	Turn RIGHT onto Poplar Street
	Turn LEFT onto South 9 th Street
	Turn LEFT onto Vine Street
	Turn LEFT onto South 8 th Street
	Turn LEFT onto Elm Street
	Turn LEFT onto 4 th Street
	Turn LEFT onto Poplar Street

4 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto 4 th Street
	Turn LEFT onto Chestnut
	Turn LEFT onto North 12 th Street
	Turn LEFT onto Vine Street
	Turn LEFT onto North 9 th Street
	Turn LEFT onto Main Street
	Turn RIGHT onto North 10 th Street
	Turn RIGHT onto Sharpe Street
	Turn RIGHT onto North 8 th Street

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3 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto South 7 th Street
	Turn LEFT onto Chestnut
	Turn LEFT onto North 10 th Street
	Turn RIGHT onto Sharpe Street
	Turn LEFT onto North 12 th Street
	Turn LEFT onto Poplar Street
	Turn LEFT onto Vine Street
	Turn LEFT onto South 8 th Street
	Turn RIGHT onto Elm Street
	Turn LEFT onto South 7 th Street
	Turn LEFT onto Poplar

2 MILES: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn LEFT onto Poplar
	Turn LEFT onto South 7 th Street
	Turn LEFT onto Chestnut
	Turn LEFT onto North 10 th Street
	Turn LEFT onto Poplar

1 MILE: STARTING FROM AND ENDING @ MCCH CENTER FOR HEALTH & WELLNESS

	Turn RIGHT onto Poplar
	Turn RIGHT onto South 10 th Street
	Turn RIGHT onto Main Street
	Turn RIGHT onto South 7 th Street
	Turn RIGHT onto Poplar

