



KIDS MARATHON – 8 WEEK TRAINING PLAN

Monday 21 March – Saturday 14 May

Kids can choose any 5 days per week to do their 1km runs to get to 40kms

Tick all the boxes on your training plan then join us on **SATURDAY 14 May @ 1:00pm** to complete the final 2.2kms. All finishers receive a finisher's medal.

For more information go to our website

| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
|--------|--------|------------------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Week 1 | 21 Mar | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 2 | 28 Mar | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 3 | 4 Apr | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 4 | 11 Apr | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 5 | 18 Apr | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 6 | 25 Apr | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 7 | 2 May | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 8 | 9 May | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |