



## QUEENSTOWN KIDS MARATHON – 10 WEEK TRAINING PLAN

Monday 10 September – Saturday 17 November

Kids can choose any 4 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 17 NOVEMBER @ 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
Week 1 10 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 2 17 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 3 24 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 4 1 <sup>st</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 5 8 <sup>th</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 6 15 <sup>th</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 7 22 <sup>nd</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 8 29 <sup>th</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 9 5 <sup>th</sup> Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 12 <sup>th</sup> Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>