



QUEENSTOWN KIDS MARATHON – 12 WEEK TRAINING PLAN

Monday 27 August – Saturday 17 November

Kids can choose any 3 days per week for weeks 1-8 and any 4 days per week for weeks 9-12 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 27th Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 2 3th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 3 10th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 4 17th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 5 24th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 6 1st Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 7 8th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 8 15th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 9 22nd Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 29th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 11 5th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 12 12th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>