

QUEENSTOWN AIRPORT KIDS RUN – 12 WEEK TRAINING PLAN

Monday 26 August – Saturday 16 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 16 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 26 th Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 2 2 nd Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 3 9 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 4 16 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 5 23 rd Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 6 30 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 7 7 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 8 14 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 9 21 st Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 28 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 11 4 th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 12 11 th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>