



KIDS MARATHON – 12 WEEK TRAINING PLAN

Monday 31 August – Saturday 21 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 21 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 31 Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 2 7 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 3 14 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 4 21 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 5 28 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 6 5 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 7 12 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 8 19 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 9 26 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 2 Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 11 9 Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 12 16 Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>