New Zealand Sotheby's International Realty

Queenstown Marathon
Presented by asics

KIDS MARATHON

12 WEEK TRAINING PLAN

Monday 24 August – Saturday 14 November 2026

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 14 NOVEMBER 2026 @ 1:00pm** to complete the final 2.2kms. All finishers receive a finisher's medal.

For more information visit queenstown-marathon.co.nz

Week	Start	Day 1	Day 2	Day 3	Day 4
Week 1	24 Aug	1km ❑	1km ❑	1km ❑	
Week 2	31 Aug	1km ❑	1km ❑	1km ❑	
Week 3	7 Sept	1km ❑	1km ❑	1km ❑	
Week 4	14 Sept	1km ❑	1km ❑	1km ❑	
Week 5	21 Sept	1km ❑	1km ❑	1km ❑	
Week 6	28 Sept	1km ❑	1km ❑	1km ❑	
Week 7	5 Oct	1km ❑	1km ❑	1km ❑	
Week 8	12 Oct	1km ❑	1km ❑	1km ❑	
Week 9	19 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 10	26 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 11	2 Nov	1km ❑	1km ❑	1km ❑	1km ❑
Week 12	9 Nov	1km ❑	1km ❑	1km ❑	1km ❑

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10 WEEK TRAINING PLAN

Monday 7 September 2026 – Saturday 14 November 2026

Kids can choose any 3 days per week for weeks 1–6 and any 4 days per week for weeks 7–10 to do their 1km runs to get to 34kms.

Tick all the boxes on your training plan, then join us on **SATURDAY 14 NOVEMBER 2026 @ 1:00pm** to complete the final 2.2kms. All finishers receive a finisher's medal.

For more information visit queenstown-marathon.co.nz

Week	Start	Day 1	Day 2	Day 3	Day 4
Week 1	7 Sept	1km ❑	1km ❑	1km ❑	
Week 2	14 Sept	1km ❑	1km ❑	1km ❑	
Week 3	21 Sept	1km ❑	1km ❑	1km ❑	
Week 4	28 Sept	1km ❑	1km ❑	1km ❑	
Week 5	5 Oct	1km ❑	1km ❑	1km ❑	
Week 6	12 Oct	1km ❑	1km ❑	1km ❑	
Week 7	19 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 8	26 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 9	2 Nov	1km ❑	1km ❑	1km ❑	1km ❑
Week 10	9 Nov	1km ❑	1km ❑	1km ❑	1km ❑

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KIDS MARATHON

8 WEEK TRAINING PLAN

Monday 21 September 2026 – Saturday 14 November 2026

Kids can choose any 3 days per week for weeks 1–4 and any 4 days per week for weeks 5–8 to do their 1km runs to get to 28kms.

Tick all the boxes on your training plan, then join us on **SATURDAY 14 NOVEMBER 2026 @ 1:00pm** to complete the final 2.2kms. All finishers receive a finisher's medal.

For more information visit queenstown-marathon.co.nz

Week	Start	Day 1	Day 2	Day 3	Day 4
Week 1	21 Sept	1km ❑	1km ❑	1km ❑	
Week 2	28 Sept	1km ❑	1km ❑	1km ❑	
Week 3	5 Oct	1km ❑	1km ❑	1km ❑	
Week 4	12 Oct	1km ❑	1km ❑	1km ❑	
Week 5	19 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 6	26 Oct	1km ❑	1km ❑	1km ❑	1km ❑
Week 7	2 Nov	1km ❑	1km ❑	1km ❑	1km ❑
Week 8	9 Nov	1km ❑	1km ❑	1km ❑	1km ❑