

# Kids MARATHON

## VIRTUAL EXPERIENCE

Use this recommended training plan for your child(ren) to complete 25.2 miles prior to race day, on December 5, 2020.

### Kids Marathon Training Plan (8 weeks)

| Week | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday           | Sunday            | Week Total | Total Miles |
|------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|------------|-------------|
| 1    | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | off               | 2 miles    | 2 miles     |
| 2    | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 4 ½ miles   |
| 3    | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 7 miles     |
| 4    | Run/walk<br>½ mile | Run/walk<br>½ mile | Run/walk<br>½ mile | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 3 miles    | 10 miles    |
| 5    | Run/walk<br>½ mile | Run/walk<br>½ mile | Run/walk<br>1 mile | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 3 ½ miles  | 13 ½ miles  |
| 6    | Run/walk<br>½ mile | Run/walk<br>1 mile | Run/walk<br>1 mile | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 4 ½ miles  | 18 miles    |
| 7    | Run/walk<br>½ mile | Run/walk<br>1 mile | Run/walk<br>1 mile | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 4 ½ miles  | 22 ½ miles  |
| 8    | Run/walk<br>1 mile | Run/walk<br>1 mile | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | <b>Race Day!</b>   | <b>Celebrate!</b> | 3.7 miles  | 26.2 miles  |

### Kids Marathon Training Plan (12 weeks)

| Week | Monday             | Tuesday            | Wednesday          | Thursday           | Friday             | Saturday           | Sunday            | Week Total | Total Miles |
|------|--------------------|--------------------|--------------------|--------------------|--------------------|--------------------|-------------------|------------|-------------|
| 1    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | off               | 1 ½ miles  | 1 ½ miles   |
| 2    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 3 ½ miles   |
| 3    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 5 ½ miles   |
| 4    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 7 ½ miles   |
| 5    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 9 ½ miles   |
| 6    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 11 ½ miles  |
| 7    | Run/walk<br>½ mile | off                | off                | Run/walk<br>½ mile | off                | Run/walk<br>1 mile | off               | 2 miles    | 13 miles    |
| 8    | Run/walk<br>½ mile | off                | off                | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 16 miles    |
| 9    | Run/walk<br>½ mile | off                | off                | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 18 ½ miles  |
| 10   | Run/walk<br>½ mile | off                | off                | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 21 miles    |
| 11   | Run/walk<br>½ mile | off                | off                | Run/walk<br>1 mile | off                | Run/walk<br>1 mile | off               | 2 ½ miles  | 23 ½ miles  |
| 12   | Run/walk<br>½ mile | Run/walk<br>½ mile | Run/walk<br>½ mile | off                | Run/walk<br>½ mile | <b>Race Day!</b>   | <b>Celebrate!</b> | 2.7 miles  | 26.2 miles  |

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**VIRTUAL EXPERIENCE**