

Kids MARATHON

Use this recommended training plan for your child(ren) to complete 25.2 miles prior to race day, on December 7, 2019.

Kids Marathon Training Plan (8 weeks)

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Total Miles
1	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk ½ mile	off	2 miles	2 miles
2	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	2 ½ miles	4 ½ miles
3	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	2 ½ miles	7 miles
4	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	3 miles	10 miles
5	Run/walk ½ mile	Run/walk ½ mile	Run/walk 1 mile	Run/walk ½ mile	off	Run/walk 1 mile	off	3 ½ miles	13 ½ miles
6	Run/walk ½ mile	Run/walk 1 mile	Run/walk 1 mile	Run/walk 1 mile	off	Run/walk 1 mile	off	4 ½ miles	18 miles
7	Run/walk ½ mile	Run/walk 1 mile	Run/walk 1 mile	Run/walk 1 mile	off	Run/walk 1 mile	off	4 ½ miles	22 ½ miles
8	Run/walk 1 mile	Run/walk 1 mile	Run/walk ½ mile	off	Run/walk ½ mile	Race Day!	Celebrate!	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 ½ mile	off	off	Run/walk ½ mile	off	Run/walk ½ mile	off	1 ½ miles	1 ½ miles
2	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	3 ½ miles
3	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	5 ½ miles
4	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	7 ½ miles
5	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	9 ½ miles
6	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	11 ½ miles
7	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	13 miles
8	Run/walk ½ mile	off	off	Run/walk 1 mile	off	Run/walk 1 mile	off	2 ½ miles	16 miles
9	Run/walk ½ mile	off	off	Run/walk 1 mile	off	Run/walk 1 mile	off	2 ½ miles	18 ½ miles
10	Run/walk ½ mile	off	off	Run/walk 1 mile	off	Run/walk 1 mile	off	2 ½ miles	21 miles
11	Run/walk ½ mile	off	off	Run/walk 1 mile	off	Run/walk 1 mile	off	2 ½ miles	23 ½ miles
12	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk ½ mile	Race Day!	Celebrate!	2.7 miles	26.2 miles

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