

## BARFOOT & THOMPSON KIDS MARATHON – 8 WEEK TRAINING PLAN

Monday 7 September – Friday 30 October

Kids can choose any four days per week to do their 1km runs to get to 40kms

Tick all the boxes on your training plan then join us on  
**Sunday 1 November at 10:30am** to complete the final 2.2kms.

All finishers receive a finisher’s medal

For more information visit [www.aucklandmarathon.co.nz](http://www.aucklandmarathon.co.nz)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
<b>Week 1 7 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 2 14 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 3 21 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 4 28 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 5 5 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 6 12 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 7 19 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 8 26 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>