

BARFOOT & THOMPSON KIDS MARATHON – 12 WEEK TRAINING PLAN

Monday 25 October – Friday 21 January

Kids can choose any three 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 **Sunday 31 October at 10.30am** to complete the final 2.2kms.

All finishers receive a finisher’s medal

For more information visit www.aucklandmarathon.co.nz

| | DAY 1 | DAY 2 | DAY 3 | DAY 4 |
|-----------------------|------------------------------|------------------------------|------------------------------|------------------------------|
| Week 1 9 Aug | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 2 16 Aug | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 3 23 Aug | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 4 30 Aug | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 5 6 Sept | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 6 13 Sept | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 7 20 Sept | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 8 27 Sept | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | |
| Week 9 4 Oct | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 10 11 Oct | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 11 18 Oct | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |
| Week 12 25 Oct | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> | 1km <input type="checkbox"/> |