



BARFOOT & THOMPSON KIDS MARATHON – 8 WEEK TRAINING PLAN

Monday 22 November – Friday 21 January

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 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	DAY 5
Week 1 6 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 2 13 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 3 20 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 4 27 Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 5 4 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 6 11 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 7 18 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 8 25 Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>