

**BARFOOT & THOMPSON KIDS MARATHON – 12 WEEK TRAINING PLAN**

Monday 29 July – Friday 18 October

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 20 October at 11am** 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
<b>Week 1 29 Jul</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 2 5 Aug</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 3 12 Aug</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 4 19 Aug</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 5 26 Aug</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 6 2 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 7 9 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 8 16 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
<b>Week 9 23 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 10 30 Sept</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 11 7 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
<b>Week 12 14 Oct</b>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>