



## AUCKLAND KIDS MARATHON – 12 WEEK TRAINING PLAN

Monday 7 August – Friday 27 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 29 OCTOBER at 11am** to complete the final 2.2kms.  
All finishers receive a finisher's medal.

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

	DAY 1	DAY 2	DAY 3	DAY 4
Week 1 7 <sup>th</sup> Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 2 14 <sup>th</sup> Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 3 21 <sup>st</sup> Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 4 28 <sup>th</sup> Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 5 4 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 6 11 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 7 18 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 8 25 <sup>th</sup> Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 9 2 <sup>nd</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 9 <sup>th</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 11 16 <sup>th</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 12 23 <sup>rd</sup> Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>

Share your progress with us on [Facebook](#).