

18 Nov 2017

QUEENSTOWN KIDS MARATHON – 12 WEEK TRAINING PLAN

Monday 28 August – Saturday 18 November

Kids can choose any 3 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

SATURDAY 18 NOVEMBER @ 1:00pm to complete the final 2.2kms.

All finishers receive a finisher's medal.

For more information go to our [website](#)

	DAY 1	DAY 2	DAY 3	DAY 4
Week 1 28 th Aug	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 2 4 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 3 11 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 4 18 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 5 25 th Sept	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 6 2 nd Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 7 9 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 8 16 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	
Week 9 23 rd Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 10 30 th Oct	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 11 6 th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>
Week 12 13 th Nov	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>	1km <input type="checkbox"/>