

Training Sheet

Each entrant receives:

- RACE NUMBER
- MEDAL
- DOWNLOAD CERTIFICATE
- TIMING CHIP (must be returned)



BE PART OF THE ADIDAS AUCKLAND MARATHON!

Kids at primary school aged 7 & over and intermediate school.

Final 2.195km run on the day at the adidas Auckland Marathon event.

One parent or guardian can run with their child in the 7-9yr group KIDS MARATHON free of charge.

8 WEEK SCHEDULE

Monday 6 September to Friday 29 October

	Mon	Tue	Wed	Thu	Fri		Mon	Tue	Wed	Thu	Fri
WK 1 6-10 Sep	1km	1km	1km	1km	1km	WK 5 4-8 Oct	1km	1km	1km	1km	1km
WK 2 13-17 Sep	1km	1km	1km	1km	1km	WK 6 11-15 Oct	1km	1km	1km	1km	1km
WK 3 20-24 Sep	1km	1km	1km	1km	1km	WK 7 18-22 Oct	1km	1km	1km	1km	1km
WK 4 27 Sep-1 Oct	1km	1km	1km	1km	1km	WK 8 25-29 Oct	1km	1km	1km	1km	1km

SUNDAY 31 OCTOBER EVENT DAY 2.195km

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10 WEEK SCHEDULE

Monday 23 August to Friday 29 October

Choose any 4 days, Monday to Friday

WK 1 23-27 Aug	1km	1km	1km	1km
WK 2 30 Aug-3 Sep	1km	1km	1km	1km
WK 3 6-10 Sep	1km	1km	1km	1km
WK 4 13-17 Sep	1km	1km	1km	1km
WK 5 20-24 Sep	1km	1km	1km	1km

Choose any 4 days, Monday to Friday

WK 6 27 Sep-1 Oct	1km	1km	1km	1km
WK 7 4-8 Oct	1km	1km	1km	1km
WK 8 11-15 Oct	1km	1km	1km	1km
WK 9 18-22 Oct	1km	1km	1km	1km
WK 10 25-29 Oct	1km	1km	1km	1km

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12 WEEK SCHEDULE

Monday 9 August to Friday 29 October

Choose any 3 days, Monday to Friday

WK 1	9-13 Aug	1km	1km	1km
WK 2	16-20 Aug	1km	1km	1km
WK 3	23-27 Aug	1km	1km	1km
WK 4	30 Aug-3 Sep	1km	1km	1km
WK 5	6-10 Sep	1km	1km	1km
WK 6	13-17 Sep	1km	1km	1km

Choose any 3/4 days, Monday to Friday

WK 7	20 Sep-24 Sep	1km	1km	1km	
WK 8	27 Sep-1 Oct	1km	1km	1km	
WK 9	4-8 Oct	1km	1km	1km	1km
WK 10	11-15 Oct	1km	1km	1km	1km
WK 11	18-22 Oct	1km	1km	1km	1km
WK 12	25-29 Oct	1km	1km	1km	1km

SUNDAY 31 OCTOBER EVENT DAY 2.195km