

# Training Sheet

Each entrant receives:

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

Supported by



**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 5 September to Friday 28 October

		Mon	Tue	Wed	Thu	Fri			Mon	Tue	Wed	Thu	Fri
<b>WK 1</b>	5-9 Sep	1km	1km	1km	1km	1km	<b>WK 5</b>	3-7 Oct	1km	1km	1km	1km	1km
<b>WK 2</b>	12-16 Sep	1km	1km	1km	1km	1km	<b>WK 6</b>	10-14 Oct	1km	1km	1km	1km	1km
<b>WK 3</b>	19-23 Sep	1km	1km	1km	1km	1km	<b>WK 7</b>	17-21 Oct	1km	1km	1km	1km	1km
<b>WK 4</b>	26-30 Sep	1km	1km	1km	1km	1km	<b>WK 8</b>	24-28 Oct	1km	1km	1km	1km	1km

**SUNDAY 30 OCTOBER EVENT DAY 2.195km**

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## 10 WEEK SCHEDULE

Monday 22 August to Friday 28 October

Choose any 4 days, Monday to Friday

<b>WK 1</b>	22-26 Aug	1km	1km	1km	1km
<b>WK 2</b>	29 Aug-2 Sep	1km	1km	1km	1km
<b>WK 3</b>	5-9 Sep	1km	1km	1km	1km
<b>WK 4</b>	12-16 Sep	1km	1km	1km	1km
<b>WK 5</b>	19-23 Sep	1km	1km	1km	1km

Choose any 4 days, Monday to Friday

<b>WK 6</b>	26-30 Sep	1km	1km	1km	1km
<b>WK 7</b>	3-7 Oct	1km	1km	1km	1km
<b>WK 8</b>	10-14 Oct	1km	1km	1km	1km
<b>WK 9</b>	17-21 Oct	1km	1km	1km	1km
<b>WK 10</b>	24-28 Oct	1km	1km	1km	1km

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## 12 WEEK SCHEDULE

Monday 8 August to Friday 28 October

Choose any 3 days, Monday to Friday

<b>WK 1</b>	8-12 Aug	1km	1km	1km
<b>WK 2</b>	15-19 Aug	1km	1km	1km
<b>WK 3</b>	22-26 Aug	1km	1km	1km
<b>WK 4</b>	29 Aug-2 Sep	1km	1km	1km
<b>WK 5</b>	5-9 Sep	1km	1km	1km
<b>WK 6</b>	12-16 Sep	1km	1km	1km

Choose any 3/4 days, Monday to Friday

<b>WK 7</b>	19-23 Sep	1km	1km	1km	
<b>WK 8</b>	26-30 Sep	1km	1km	1km	
<b>WK 9</b>	3-7 Oct	1km	1km	1km	1km
<b>WK 10</b>	10-14 Oct	1km	1km	1km	1km
<b>WK 11</b>	17-21 Oct	1km	1km	1km	1km
<b>WK 12</b>	24-28 Oct	1km	1km	1km	1km

**SUNDAY 30 OCTOBER EVENT DAY 2.195km**