

Training Sheet



KIDS MARATHON

2.195 km



Each entrant receives:

- RACE NUMBER
- MEDAL
- CERTIFICATE

Supported by



**BE PART OF THE
ADIDAS AUCKLAND
MARATHON!**

Ages 7-12 years.

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

One parent or guardian can run with their child in the Kids Marathon free of charge.

8 WEEK SCHEDULE

Monday 7 September to Friday 30 October

	Mon	Tue	Wed	Thu	Fri		Mon	Tue	Wed	Thu	Fri
WK 1 7-11 Sep	1km	1km	1km	1km	1km	WK 5 5-9 Oct	1km	1km	1km	1km	1km
WK 2 14-18 Sep	1km	1km	1km	1km	1km	WK 6 12-16 Oct	1km	1km	1km	1km	1km
WK 3 21-25 Sep	1km	1km	1km	1km	1km	WK 7 19-23 Oct	1km	1km	1km	1km	1km
WK 4 28 Sep-2 Oct	1km	1km	1km	1km	1km	WK 8 26-30 Oct	1km	1km	1km	1km	1km

SUNDAY 1 NOVEMBER EVENT DAY 2.195km

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10 WEEK SCHEDULE

Monday 24 August to Friday 30 October

Choose any 4 days, Monday to Friday

WK 1	24-28 Aug	1km	1km	1km	1km
WK 2	31-4 Sep	1km	1km	1km	1km
WK 3	7-11 Sep	1km	1km	1km	1km
WK 4	14-18 Sep	1km	1km	1km	1km
WK 5	21-25 Sep	1km	1km	1km	1km

Choose any 4 days, Monday to Friday

WK 6	28 Sep-2 Oct	1km	1km	1km	1km
WK 7	5-9 Oct	1km	1km	1km	1km
WK 8	12-16 Oct	1km	1km	1km	1km
WK 9	19-23 Oct	1km	1km	1km	1km
WK 10	26-30 Oct	1km	1km	1km	1km

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12 WEEK SCHEDULE

Monday 10 August to Friday 30 October

Choose any 4 days, Monday to Friday

WK 1	10-14 Aug	1km	1km	1km	1km
WK 2	17-21 Aug	1km	1km	1km	1km
WK 3	24-28 Aug	1km	1km	1km	1km
WK 4	31 Aug-4 Sep	1km	1km	1km	1km
WK 5	7-11 Sep	1km	1km	1km	1km
WK 6	14-18 Sep	1km	1km	1km	1km

Choose any 4 days, Monday to Friday

WK 7	21 Sep-25 Sep	1km	1km	1km	1km
WK 8	28 Sep-2 Oct	1km	1km	1km	1km
WK 9	5-9 Oct	1km	1km	1km	1km
WK 10	12-16 Oct	1km	1km	1km	1km
WK 11	19-23 Oct	1km	1km	1km	1km
WK 12	26-30 Oct	1km	1km	1km	1km

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