



RUNNING FIT

KIDS

5 Week Training Schedule

	MON	TUES	WED	THURS	FRI	TOTAL
Week 1	1		1.5		1	3.5
Week 2	1	1.5		1	1	4.5
Week 3	1	1.5		1	1.5	5
Week 4	1	1.5		1.5	2	6
Week 5	1	2		1	2	6

5 WEEK TOTAL= 25 MILES

8 Week Training Schedule

	MON	TUES	WED	THURS	FRI	TOTAL
Week 1	0.25		0.5		0.25	1
Week 2	0.5		1		0.5	2
Week 3	0.5	1		0.5	1	3
Week 4	0.5	1		0.5	1	3
Week 5	0.5	1		1	1	3.5
Week 6	1	1		0.5	1	3.5
Week 7	1	1.5		1	1	4.5
Week 8	1	1.5		1	1	4.5

8 WEEK TOTAL= 25 MILES

10 Week Training Schedule

	MON	TUES	WED	THURS	FRI	TOTAL
Week 1	0.25		0.5		0.25	1
Week 2	0.5		0.5		0.5	1.5
Week 3	0.5		0.5		0.5	1.5
Week 4	0.5	0.5		0.5	0.5	2
Week 5	0.5	1		0.5	0.5	2.5
Week 6	0.5	1		0.5	0.5	2.5
Week 7	0.5	1		0.5	1	3
Week 8	1	0.5		0.5	1.5	3.5
Week 9	1	1		0.5	1	3.5
Week 10	1	1.5		1	0.5	4

10 WEEK TOTAL= 25 MILES