



THE EUGENE KIDS MARATHON

Training Schedule For: _____

12 Week Training Schedule

**This schedule is only a guide for training. Other training material and kids training logs are available at: www.eugenemarathon.com*

Week	Date & Adult Initials	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1		0.5	Off	Off	Off	0.5	Off	Off	1
2		0.5	Off	Off	0.5	Off	Off	Off	1
3		0.5	Off	Off	Off	0.5	Off	Off	1
4		0.5	Off	Off	0.5	Off	0.5	Off	1.5
5		0.5	Off	0.5	Off	0.5	Off	Off	1.5
6		0.5	Off	0.5	Off	1	Off	Off	2
7		0.5	Off	0.5	Off	1	Off	Off	2
8		0.5	0.5	Off	1	Off	1	Off	3
9		1	0.5	Off	1	Off	1	Off	3.5
10		1	0.5	0.5	1	Off	1	Off	4
11		1	0.5	Off	1.2	Off	1.2	Off	3.9
12		0.7	0.5	Off	Off	Off	1K Race Day	Off	1.8
								Total	26.2

Eugene Kids Marathon – Step by Step

Step #1: Register online @ www.eugenemarathon.com Follow the registration links and select “Kids Marathon”

Step #2: Find a safe place to train and follow your training plan. Run or walk 25.6 miles before race day. Remember to write down mileage and get a parent, teacher or guardian to sign for your mileage on the “OFFICIAL TRACKER.”

Step #3: Turn in your mileage/tracking sheets when you pick up your race packet (see online for times and locations).

Step #4: On race day come run or walk the final kilometer (.6 mile) of your marathon at the Eugene Kids Marathon. The race course will start and finish on 4th and Mill in Downtown Eugene. After your marathon, enjoy the festivities at the Health & Fitness Expo at the Hilton Eugene!