

9 WEEK TRAINING SCHEDULE



12 WEEK TRAINING SCHEDULE

Week	Date	M	T	W	Th	F	Sa	Su	Total
1		0.5	Off	0.5	0.5	Off	0.5	Off	2
2		0.5	Off	0.5	0.5	Off	0.5	Off	2
3		0.5	0.5	0.5	0.5	Off	1	Off	3
4		0.5	0.5	0.5	0.5	Off	1	Off	3
5		0.5	0.5	0.5	0.5	Off	0.5	Off	3
6		0.5	0.5	1	0.5	Off	1	Off	3.5
7		1	0.5	0.5	1	Off	1	Off	4
8		0.5	1	0.5	0.5	Off	1.6	Off	4.1
9		0.5	0.5	Off	Off	Off	1K Race Day	Off	1.6
Total									26.2

Week	Date	M	T	W	Th	F	Sa	Su	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 at 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 your mileage and get a parent, teacher or guardian to sign for your mileage on the "Official Tracker".
- Step #3:** Turn in your mileage/tracker sheet 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.

This schedule is only a guide for training.
Other training materials and kids training logs are available at eugenemarathon.com

