



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: Saturday, May 1, 2010. 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 at the Eugene Marathon Health & Fitness Expo on either Friday, April 30 or early morning on Saturday, May 1st to get your t-shirt and runner’s bib.

Step #4: On Saturday, May 1st, 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!

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