



# THE EUGENE KIDS MARATHON



Training Schedule For: \_\_\_\_\_

## 9 Week Training Schedule

*\*This schedule is only a guide for training. Other training material and kids training logs are available at: [www.eugenemarathon.com](http://www.eugenemarathon.com)*

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	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	1	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	1 K Race Day	Off	1.6
								Total	26.2

### Eugene Kids Marathon – Step by Step

**Step #1:** Register online @ [www.eugenemarathon.com](http://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 30th 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 1kilometer (.6 mile) of your marathon at the Eugene Kids Marathon. The race course will start and finish at 4<sup>th</sup> and Mill in Downtown Eugene. After your marathon, enjoy the festivities at the Health & Fitness Expo at the Hilton Eugene!

541 Willamette St. Suite # 212, Eugene, OR, 97401  
 (541)-345-2230 + [www.eugenemarathon.com](http://www.eugenemarathon.com)  
[info@eugenemarathon.com](mailto:info@eugenemarathon.com)