

6-Week Training Plan (Ages 7+)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar. 25-31	10 min. Run 1 min, Walk 1 min	20 min. Walk, Ride Bike, Play Sports	Rest	15 min. Run 1 min, Walk 1 min	Rest	30 min. Active Play	Rest
2 April 1-7	15 min. Run 1.5 min, Walk 1 min	25 min. Walk, Ride Bike, Play Sports	Rest	20 min. Run 1.5 min, Walk 1 min	Rest	35 min. Active Play	Rest
3 April 8-14	20 min. Run 2 min, Walk 1 min	30 min. Walk, Ride Bike, Play Sports	Rest	20 min. Run 2 min, Walk 1 min	Rest	30-40 min. Active Play	Rest
4 April 15-21	20 min. Run 2.5 min, Walk 1 min	30 min. Walk, Ride Bike, Play Sports	Rest	15 min. Run 2.5 min, Walk 1 min	Rest	35 min. Active Play	Rest
5 April 22-28	15 min. Run 3 min, Walk 2 min	35 min. Walk, Ride Bike, Play Sports	Rest	15 min. Run 3 min, Walk 2 min	Rest	25 min. Active Play	Rest
6 April 29 - May 5	15 min. Run 1 min, Walk 1 min	20 min. Walk, Ride Bike, Play Sports	Rest	10 min. Run 1 min, Walk 1 min	Rest	 RACE DAY!	CONGRATS!

6-Week Training Plan (Ages 6 and under)



Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 Mar. 25-31	10 min. Run/Walk/ Bike	20 min. 	Rest	15 min. Active Play	Rest	30 min. 	Rest
2 April 1-7	15 min. Run/Walk/ Bike	25 min. 	Rest	20 min. Active Play	Rest	35 min. 	Rest
3 April 8-14	20 min. Run/Walk/ Bike	30 min. 	Rest	20 min. Active Play	Rest	30-40 min. 	Rest
4 April 15-21	20 min. Run/Walk/ Bike	30 min. 	Rest	15 min. Active Play	Rest	35 min. 	Rest
5 April 22-28	15 min. Run/Walk/ Bike	35 min. 	Rest	15 min. Active Play	Rest	25 min. 	Rest
6 April 29 - May 5	15 min. Run/Walk/ Bike	20 min. 	Rest	10 min. Active Play	Rest	 RACE DAY!	CONGRATS!