



Little Souls Kids Marathon
Suggested Training Programs



Each of the following **proposed** training programs in miles and kilometers may be adapted depending on the age group and the fitness level of the participants. There are non-scheduled days each week to allow for make-up days. It is advised to take rest days in-between days, excluding Friday and Saturday.

Ages 5 - 10

	Monday	Wednesday	Friday	Saturday	Week Total
Week One	Run 0.5 mile/.8km	Run 0.5 mile/.8km	Run 0.5miles/.8km	Run 1 mile/1.6km	2.5 miles/4 km
Week Two	Run 1 mile/1.6km	Run 0.5 mile/.8km	Run 1 mile/1.6km	Run 1.5miles/2.4km	4.0 miles/6.4 km
Week Three	Run 1 mile/1.6km	Run 1 mile/1.6km	Run 1.5miles/2.4km	Run 1 mile/1.6km	4.5 miles/7.2 km
Week Four	Run 1 mile/1.6km	Run 1.5miles/2.4km	Run 1 mile/1.6km	Run 2 miles/3.2km	5.5 miles/8.8 km
Week Five	Run 1 mile/1.6 km	Run 1.5miles/2.4km	Run 1 mile/1.6km	Run 1.5miles/2.4km	5.0 miles/8.0 km
Week Six	Run 1.5 miles/2.4km	Run 1.5 miles/2.4km	Run 0.5 miles/.8km	Off	3.5 miles/5.6 km

Ages 11 - 14

	Monday	Wednesday	Friday	Saturday	Week Total
Week One	Run 0.5 miles/.8km	Run 0.5 miles/.8km	Run 1 mile/1.6km	Run 1 mile/1.6km	3.0 miles/4.8 km
Week Two	Run 1.5 miles/2.4km	Run 1 mile/1.6km	Run 1.5 miles/2.4km	Run 1 mile/1.6km	5.0 miles/8.0 km
Week Three	Run 2 miles/3.2km	Run 1.5 miles/2.4km	Run 1.5 miles/2.4km	Run 1 mile/1.6km	6.0 miles/9.6 km
Week Four	Run 2 miles/3.2km	Run 1.5 miles/2.4km	Run 2.5 miles/4km	Run 1 mile/1.6km	7.0 miles/11.2 km
Week Five	Run 2 miles/3.2km	Run 1 mile/1.6km	Run 1 mile/1.6km	Off	4.0 miles/6.4 km

or

	Monday	Wednesday	Thurs./Fri	Week Total
Week One	Run 2 miles/3.2km	Run 2.5 miles/4 km	Run 2 miles/3.2km	6.5 miles/10.4 km
Week Two	Run 2 miles/3.2km	Run 3 miles/4.8km	Run 2 miles/3.2km	7.0 miles/11.2 km
Week Three	Run 3 miles/4.8km	Run 2 miles/3.2km	Run 2.5 miles/4km	7.5 miles/12 km
Week Four	Run 2 miles/3.2km	Run 2 miles/3.2km	Off	4.0 miles/6.4 km
