

## KIDS VIRTUAL RUNNING HALF MARATHON CHALLENGE

**DATE**

**DISTANCE**

*The challenge is to Run a Half Marathon distance (13.1 miles or 21.1km) in 14 days /2 weeks*

**Thats 1,500m a day on average**

**Vary your training runs**

*Examples to choose from:*

1) 4 x 500m (total 2km)

2) 2 km run

3) 3 x 800m (total 2.4km)

4) 3km long run or 3 x 1km

5) 4 x 400m (total 1.6km)

*Rest between reps above should be no longer than half the running time (e.g. run 800m in 4 minutes - rest = 2 minutes and repeat*

**MINIMUM REST DAYS = 4**

**THIS IS DESIGNED FOR ALL ABILITIES - RUN, JOG OR WALK**



**TOTAL DISTANCE**