



## KIDS VIRTUAL RUNNING MARATHON CHALLENGE 1

**DATE**

**DISTANCE**

*The challenge is to Run a Marathon distance (26.2 miles or 42.2m) in 28 days /4 weeks*

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

**Vary your training runs**

*Examples to choose from:*

1) 4 x 500m (total 2km)

2) 3 km run

3) 3 x 800m (total 2.4km)

4) 5km long run or 2 X 2.5Km

5) 5 x 400m (total 2km)

*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 = 3 DAYS/WK**

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

completed on \_\_\_\_\_ (date)

\_\_\_\_\_  
Signed by parent/teacher

**TOTAL DISTANCE**