



Kisd Training Plan (0.25-Mile to 1-Mile Race) 3 days/week for 8 weeks

Prepare for your child's training by building on a base level of fitness: First, buy great-fitting running shoes. Then, have them start walking, jogging, or running for 10 minutes 3 days per week. Next, find ways your child can cross-train (see Legend below for examples). The best way to have your child 'stick with it' is to find a friend or running club to train with! Be sure they warm up beforehand with dynamic exercises and stretch afterwards.

Happy Training - and we hope your child has a great race!

Week	Week Starting	Sun	Mon	Tues	Wed	Thurs	Fri	Sat	Weekly Miles
1	1/19/20	Rest	0.25 Mile Run/Walk	10 min Strength/Core	Rest	0.25 Mile Run/Walk	Rest	Rest	0.5
2	1/26/20	Rest	0.25 Mile Run/Walk	10 min Strength/Core	Rest	0.5 Mile Run/Walk	Rest	0.25 Mile LSD	1
3	2/2/20	Rest	0.5 Miles Run/Walk	10 min Strength/Core	0.25 Mile Hills	XT-20 mins or Rest	Rest/Massage	0.25 Miles LSD	1
4	2/9/20	Rest	0.5 Miles Neg Splits	15 min Strength/Core	0.5 Miles Run/Walk	XT-20 mins or Rest	Rest	0.25 Miles LSD	1.25
5	2/16/20	Rest	0.5 Miles Run/Walk	15 min Strength/Core	0.5 Miles Hills	XT-25 mins or Rest	Rest	0.5 Miles LSD	1.25
6	2/23/20	Rest	0.5 Miles Neg Splits	15 min Strength/Core	0.5 Miles Tempo	XT-30 mins or Rest	Rest/Massage	0.5 Miles LSD	1.5
7	3/1/20	Rest	1 Mile Run/Walk	15 min Strength/Core	0.5 Miles Run/Walk	XT-30 mins or Rest	Rest	1 Miles LSD	2.5
8	3/8/20	Rest	1 Miles Easy	Rest	0.5 Miles Easy	Rest	Pick-up your child's packet at the Expo or on Race Day		1.5
Goal →	3/15/20	Kids Race							1

Legend

Run/Walk Whether you run or walk, emphasize good form and accomplishment of the distance, as pace is not as important on these days.

XT Cross-training can be biking, elliptical, rowing, swimming, stairs, yoga, pilates classes, plyometrics - anything EXCEPT running.

Strength Variable resistance machines, free or fixed weights, resistance bands, dumbbells, Bosu balls, etc.

Core Exercises designed to work the abdominal and lower back muscles like sit-ups, planks, yoga or pilates.

Tempo Run 30-45 seconds faster per mile than your race pace goal.

Neg Splits Run the 2nd half of the mileage faster than the first half to improve strength, edurance and speed for your final kick.

Massage Full head-to-toe massage.

LSD Long Slow Distance: the goal of LSD runs are to log time on your feet. Go slow and take walk breaks, as needed.

Back-down Mileage sometimes decreases from the previous week to allow time for adequate recovery.

Hills Choose a route that has some hills to increase your stamina and speed.