

Kid's Mara'Fun - Challenge Yourself

Hey kids... If you are reading this, then congratulations! You've taken the first step by challenging yourself to take on our Kids' Mara'Fun. So, set a goal, make a plan and get your friends or parents to join you... You'll be surprised by how much you can improve and how much fun running can be.

Set A Goal

The first step is the goal. What is your goal on race day? It might be to finish your first fun run. Or it might be to run the whole distance without walking. Or maybe you want to finish in the first half of the field, or finish under 15 minutes, or finish faster than last year. Or maybe even to win your age group. Have a think about it and write your goal below.

My Goal for the Mara'Fun is to...

Make A Plan

The next step is to make a plan to help you achieve that goal. The training schedule below will help with your training. But you need to think about things that help you keep up the training, such as:

- How far can I run right now without stopping? _____
- When will I run each day? _____
- Who will I run with? _____

Have a think about these questions, talk to your parents and write the answers.

Once you have done that, you have a plan because you have a training schedule below, you know how far you can run when you start the schedule, what time every day you'll run, and who you'll run with. All you have to do now is do it!

Train Like a Baby

The important thing with run training is to pace yourself. Just like babies have to crawl before they walk and walk before they run, you have to run short distances before you can run long distances and run slow before you can run fast.

The training schedule below gives you six weeks to get fit enough to finish the 3k Kids' Mara'Fun. You'll train three or four days every week, starting with some jog/walk days that turn into non-stop run days as you get fitter. But if you can already run two or three kilometres without stopping, then follow Week 5 for three to five weeks and do Week 6 on race week just as the schedule says.

Pace

In the schedule there are three different efforts to train at:

Jog: This is a very easy pace where you are running but you can talk and laugh easily.

Run: This is a proper running effort, but not super-fast.

Sprint: This is a fun stuff where you run fast. Use a tail wind or a slight downhill to help you run faster without it being too tough.

Make It Fun !

1. Training with friends or your parents or your dog makes it fun.
2. Running different places and different routes makes it more interesting.
3. Running on grass is better for your legs and running around parks is safer.
4. Eat and drink something an hour before training & straight after training and you'll have more energy. A banana or honey sandwich with a glass of water is perfect.
5. Pace Yourself! On race day start out easy and you will have more fun and finish faster!

Kids' Mara'Fun Schedule	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
MONDAY	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
TUESDAY	Jog 2min / Walk 60secs Repeat 3-5 times	Jog 3min/Walk 30secs Repeat 3-5 times	Jog 10-15min Non-stop	Run 10-15min Non-stop	Run 10-15min Non-stop	Rest Day
WEDNESDAY	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Jog 5min Sprint 20secs/Jog 1min Repeat 3-5 times Jog or Walk 5min
THURSDAY	Jog 2min / Walk 50secs Repeat 3-5 times	Jog 3min/Walk 20secs Repeat 3-5 times	Jog 10-15min Non-stop	Run 10-15min Non-stop	Jog 5min Sprint 20secs/Jog 1min Repeat 3-5 times Jog or Walk 5min	Rest Day
FRIDAY	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
SATURDAY	Sport or Jog 2min / Walk 40secs Repeat 2-3 times	Sport or Jog 3min / Walk 10secs Repeat 2-3 times	Sport or Jog 5-10min Non-stop	Sport or Jog 10min Non-stop	Sport or Jog 10min Non-stop	Jog 5-10min Non-stop
SUNDAY	Jog 2min / Walk 40secs Repeat 3-5 times	Jog 3min/Walk 10secs Repeat 3-5 times	Jog 10-15min Non-stop	Jog 3-5min Run Fast 5min Jog or Walk 3-5min	Jog 5min Run Fast 5min Jog 5min	Kids' Mara'Fun