

LITTLE ROCKERS KIDS MARATHON

MARCH 2, 2024

Little Rockers Kids Marathon - Step by Step

- Step #1** Register online at www.littlerockmarathon.com. Go to the "Kids Marathon" page. Follow the registration links.
- Step #2** Find a safe place to train and follow this training plan. Put this schedule on the front of your refrigerator at home. Run or walk at least 25.2 miles before race day. Remember to write your mileage down on your "Official Training Log." Be sure to get a parent, teacher, or guardian to sign for your mileage.
- Step #3** Turn in a copy of your training log when you pick up your race packet (see "Packet Pick Up" page online for time and place).
- Step #4** On race day come run or walk the final mile of your marathon at the Little Rockers Kids Marathon.

	Week	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Miles this week	Total Miles
1	10/28-11/3	0.5	off	0.5	off	0.5	0.5	off	2	2
2	11/4-11/10	0.5	off	0.5	off	0.5	0.5	off	2	4
3	11/11-11/17	0.5	off	0.5	off	0.5	0.5	off	2	6
4	11/18-11/24	0.5	off	0.5	0.5	0.5	off	off	2	8
5	11/25-12/1	0.5	0.5	0.5	off	0.5	0.5	off	2.5	10.5
6	12/2-12/8	0.5	0.5	0.5	off	0.5	0.5	off	2.5	13
7	12/9-12/15	0.5	0.5	1	off	0.5	off	0.5	3	16
8	12/16-12/22	0.5	off	1	0.5	0.5	0.5	off	3	19
9	12/23-12/29	0.5	off	1	off	0.5	1	off	3	22
10	12/30-1/5	0.5	off	1	off	0.5	1	off	3	25
11	1/6-1/12	1	off	1	off	1	off	off	3	28
12	1/13-1/19	1	off	1	off	1	off	off	3	31
13	1/20-1/26	1	off	1	off	1	off	off	3	34
14	1/27-2/2	1	off	1	off	1	off	off	3	37
15	2/3-2/9	1	off	1	off	1	off	off	3	40
16	2/10-2/16	1	off	1	off	1	off	off	3	43
17	2/17-2/23	1	off	1	off	1	off	off	3	46
18	2/24-3/1	1	off	1	off	1	off	off	3	49

QUESTIONS?

Rhonda Redmond, Chair
littlerockkidsmarathon@gmail.com

Please consult with your child's physician before beginning this or any other conditioning program.
 These schedules are only a guide for training.
 Other training materials are available on the Little Rockers
 page of www.littlerockmarathon.com.



MY TRAINING LOG

Week	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Miles this week	Total Miles
10/28-11/3									
11/4-11/10									
11/11-11/17									
11/18-11/24									
11/25-12/1									
12/2-12/8									
12/9-12/15									
12/16-12/22									
12/23-12/29									
12/30-1/5									
1/6-1/12									
1/13-1/19									
1/20-1/26									
1/27-2/2									
2/3-2/9									
2/10-2/16									
2/17-2/23									
2/24-3/1									
3/2-3/8									

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