



WEEKLY KIDS RUNNING PROGRAM

4 WEEKS

Start with a 2 minute walk and run a minimum of 4 times a week

The body will progressively adapt. It is preferable to run more often and less longer.
Follow your progress by checking the circle «Done!» for each training.

GLOSSARY	= RUN	= WALK	1' = 1 MINUTE	= DONE!
-----------------	-------	--------	---------------	---------

	3 X <input type="radio"/>	5 X <input type="radio"/>	4 X <input type="radio"/>	6 X <input type="radio"/>
WEEK 1	1' 1'	1' 1'	1' 1'	1' 1'
WEEK 2	2' 1'	2' 1'	2' 1'	2' 1'
WEEK 3	2' <input type="radio"/>	4 X <input type="radio"/>	3 X <input type="radio"/>	2 X <input type="radio"/>
	3' 1'	3' 1'	3' 1'	4' 1'
WEEK 4	2 X <input type="radio"/>	2 X <input type="radio"/>	1 X <input type="radio"/>	1 X <input type="radio"/>
	5' 1'	6' 1'	8'	10'