



KIDS' MARTIAN MARATHON TRAINING PLAN

WEEK	DATE	MON	TUES	WED	THUR	FRI	SAT	SUN	TOTAL
#	Monday								
1	Feb 27	.25 Miles		.5 Miles				.25 Miles	1 MILE
2	March 6	.5 Miles		1 Mile				.5 Miles	2 MILES
3	March 13	.5 Miles	1 Mile		.5 Miles			1 Mile	3 MILES
4	March 20	.5 Miles	1 Mile		.5 Miles			1 Mile	3 MILES
5	March 27	.5 Miles	1 Mile		1 Mile			1 Mile	3.5 MILES
6	April 3	1 Mile	1 Mile		.5 Miles			1 Mile	3.5 MILES
7	April 10	1 Mile	1.5 Miles		1 Mile		1 Mile		4.5 MILES
8	April 17	1 Mile	1.5 Miles		1 Mile	1 Mile	RACE DAY		4.5 MILES

loveruns.org

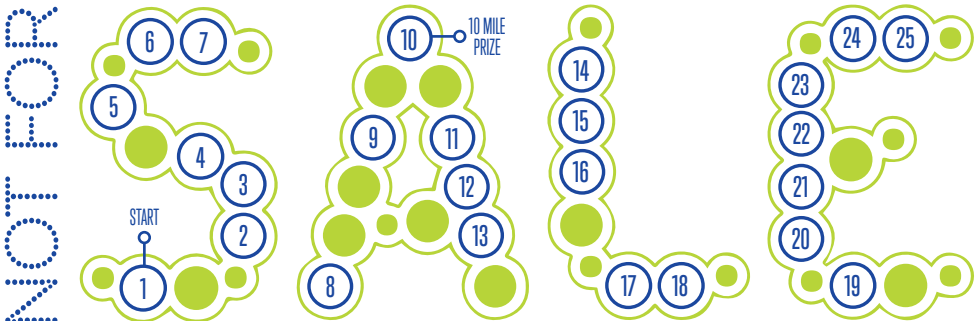


PARTICIPANT'S NAME _____

MARTIAN INVASION OF RACES KIDS' MARATHON

Hey kids! Join us on an out-of-this-world adventure collecting MILES! All you have to do is get moving. And guess what? We have some PRIZES for you!

After you have completed 25 miles join us on race day, April 22, for your final 1.2 miles. Bring this log sheet to the Blue Care Network tent at the race for a special prize for all your hard work!



FEBRUARY 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27 Training Starts	28 Underground Printing Kids' T-shirt Design Contest Entries Due				

MARCH 2017

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3 Race Price Increase for All Races! Coupon Codes Shut Off	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19 Sunday Group Run NRC Plymouth 3:30p	20	21	22	23	24	25 Parent Workshop
26 Sunday Group Run NRC Plymouth 3:30p	27	28	29	30	31	

APRIL 2017

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 Sunday Group Run NRC Plymouth 3:30p	3	4	5	6	7	8
9 Sunday Group Run NRC Plymouth 3:30p	10	11 Group Run NRC Plymouth 4:30p	12	13	14	15
16	17	18 Group Run NRC Plymouth 4:30p	19	20	21 Packet Pick-Up Dearborn Ford Performing Arts 3-8p	22 RACE DAY Yellow Wave 1p Start
23 30	24	25	26	27	28	29