



# ST. JUDE MEMPHIS FAMILY RACE & KIDS MARATHON

## Training Plans (8 weeks)

This is an example training guide for your child(ren) to follow for either the marathon or half marathon. There are other training programs available through the YMCA and MRTC. Please visit their Web sites for those details.



*The St. Jude Memphis Family Race and Kids Marathon is produced in partnership with the YMCA of Memphis & the Mid-South and the Memphis Runners Track Club.*



## Kids Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Total Miles
1	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk ½ mile	off	2 miles	2 miles
2	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	2 ½ miles	4 ½ miles
3	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	2 ½ miles	7 miles
4	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	3 miles	10 miles
5	Run/walk ½ mile	Run/walk ½ mile	Run/walk 1 mile	Run/walk ½ mile	off	Run/walk 1 mile	off	3 ½ miles	13 ½ miles
6	Run/walk ½ mile	Run/walk 1 mile	Run/walk 1 mile	Run/walk 1 mile	off	Run/walk 1 mile	off	4 ½ miles	18 miles
7	Run/walk ½ mile	Run/walk 1 mile	Run/walk 1 mile	Run/walk 1 mile	off	Run/walk 1 mile	off	4 ½ miles	22 ½ miles
8	Run/walk 1 mile	Run/walk 1 mile	Run/walk ½ mile	off	Run/walk ½ mile	<b>Race Day!</b>	<b>Celebrate!</b>	3.7 miles	<b>26.2 miles</b>

## Kids Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Total Miles
1	Run/walk ½ mile	off	off	off	off	Run/walk ½ mile	off	1 mile	1 mile
2	Run/walk ½ mile	off	off	off	off	Run/walk ½ mile	off	1 mile	2 miles
3	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk ½ mile	off	1 ½ miles	3 ½ miles
4	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	5 ½ miles
5	Run/walk ½ mile	off	Run/walk ½ mile	Run/walk ½ mile	off	Run/walk 1 mile	off	2 ½ miles	8 miles
6	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk 1 mile	off	2 miles	10 miles
7	Run/walk ½ mile	off	off	Run/walk ½ mile	off	Run/walk ½ mile	off	1 ½ miles	11 ½ miles
8	Run/walk ½ mile	off	off	off	Run/walk 1/10 mile	<b>Race Day!</b>	<b>Celebrate!</b>	1.6 miles	<b>13.1 miles</b>



St. Jude Children's Research Hospital  
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# ST. JUDE MEMPHIS FAMILY RACE & KIDS MARATHON

## Training Plans (12 weeks)

This is an example training guide for your child(ren) to follow for either the marathon or half marathon. There are other training programs available through the YMCA and MRTC. Please visit their Web sites for those details.



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## Kids Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Total Miles
1	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk ½ mile	Off	1 ½ miles	1 ½ miles
2	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	3 ½ miles
3	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	5 ½ miles
4	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	7 ½ miles
5	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	9 ½ miles
6	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	11 ½ miles
7	Run/walk ½ mile	Off	Off	Run/walk ½ mile	Off	Run/walk 1 mile	Off	2 miles	13 miles
8	Run/walk ½ mile	Off	Off	Run/walk 1 mile	Off	Run/walk 1 mile	Off	2 ½ miles	16 miles
9	Run/walk ½ mile	Off	Off	Run/walk 1 mile	Off	Run/walk 1 mile	Off	2 ½ miles	18 ½ miles
10	Run/walk ½ mile	Off	Off	Run/walk 1 mile	Off	Run/walk 1 mile	Off	2 ½ miles	21 miles
11	Run/walk ½ mile	Off	Off	Run/walk 1 mile	Off	Run/walk 1 mile	Off	2 ½ miles	23 ½ miles
12	Run/walk ½ mile	Run/walk ½ mile	Run/walk ½ mile	Off	Run/walk ½ mile	<b>Race Day!</b>	<b>Celebrate!</b>	2.7 miles	26.2 miles

## Kids Half Marathon Training Plan

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week Total	Total Miles
1	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	1 mile
2	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	2 miles
3	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	3 miles
4	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	4 miles
5	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	5 miles
6	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	6 miles
7	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	7 miles
8	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	8 miles
9	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	9 miles
10	Run/walk ½ mile	Off	Off	Off	Off	Run/walk ½ mile	Off	1 mile	10 miles
11	Run/walk ½ mile	Off	Off	Off	Off	Run/walk 1 mile	Off	1 ½ miles	11 ½ miles
12	Run/walk ½ mile	Off	Off	Off	Run/walk ½ mile	<b>Race Day!</b>	<b>Celebrate!</b>	1.6 miles	13.1 miles



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