

A training schedule for your Marathon:

Below is a training schedule with suggested distances or you may setup your own schedule. If you can only run or walk a little, keep trying. If you run or walk more than a mile per day, great! If you play a lot of soccer or other sports where you run a lot, this may be easy. Just remember to space your workouts so you are prepared to run or walk the final distance on Marathon Saturday! Early completion of the program is not recommended. The schedule leaves Saturdays and Sundays available for make up days or to give you a rest day during the week. It is important to keep track of your progress toward your goal.

Olathe Marathon Youth Running Program:

Week	Day 1 (miles)	Day 2 (miles)	Day 3 (miles)	Total Mileage For Week
Week 1	.25	.25	.25	.75
Week 2	.25	.25	.25	.75
Week 3	.25	.25	.5	1
Week 4	.25	.25	.5	1
Week 5	.25	.25	.5	1
Week 6	.25	.5	.5	1.25
Week 7	.25	.5	.5	1.25
Week 8	.5	.5	.5	1.5
Week 9	.5	.5	.5	1.5
Week 10	.5	.5	.5	1.5
Week 11	.5	.75	.75	2.0
Week 12	.5	.75	.75	2.0
Week 13	.75	.75	.75	2.25
Week 14	.75	.75	.75	2.25
Week 15	.75	.75	1	2.5
Week 16	.75	.75	1	2.5

Grand Total 25.0 miles

Training Tips:

1. Wear running shoes or sneakers and socks. Proper footwear helps prevent knee and foot problems.
2. Run/walk with a friend. You can encourage each other that way. Talk while you run/walk, you can maintain the perfect pace that way.
3. Stretch your legs before you run. Stretching helps prevent injuries. Hold each stretch for 20 seconds without bouncing up and down.
4. Drink water before and after you run and throughout the day. Water helps muscles do their work.
5. Get plenty of sleep. Your muscles need lots of rest so you can keep running/walking everyday.
6. Eat a well-balanced diet including lots of protein and carbohydrates. Your body needs fuel to do its work!