

2 km kids' fun run training plan

Week	Run 1	Run 2	Run 3
1	Walk 1 min, run 1 min (x8) <input type="checkbox"/>	Walk 1 min, run 1 min (x8) <input type="checkbox"/>	Walk 1 min, run 2 min (x6) <input type="checkbox"/>
2	Walk 1 min, run 2 min (x6) <input type="checkbox"/>	Walk 1 min, run 3 min (x5) <input type="checkbox"/>	Walk 1 min, run 3 min (x5) <input type="checkbox"/>
3	Walk 30 sec, run 3 min (x6) <input type="checkbox"/>	Walk 30 sec, run 4 min (x5) <input type="checkbox"/>	Walk 1 min, run 5 min (x4) <input type="checkbox"/>
4	Walk 30 sec, run 5 min (x4) <input type="checkbox"/>	Run steady for 1.5 km <input type="checkbox"/>	Race day! Run/walk 2km <input type="checkbox"/>

A fun, family-friendly 4-week training plan for kids ages 6-8. Run or walk together three times a week, track progress with checkboxes, and celebrate every finish! Always start with a 5-minute warm-up and end with a cool-down.

You don't have to be the fastest! Just keep moving forward.