

5 km kids' fun run training plan

Week	Run 1	Run 2	Run 3
1	Walk 1 min, run 3 min (x5) <input type="checkbox"/>	Walk 1 min, run 4 min (x5) <input type="checkbox"/>	Walk 1 min, run 5 min (x4) <input type="checkbox"/>
2	Run 5 min, walk 1 min (x4) <input type="checkbox"/>	Run 6 min, walk 1 min (x3) <input type="checkbox"/>	Run 7 min, walk 1 min (x3) <input type="checkbox"/>
3	Run steady for 2.5 km <input type="checkbox"/>	Run 8 min, walk 1 min (x3) <input type="checkbox"/>	Run steady for 3 km <input type="checkbox"/>
4	Run 10 min, Walk 1 min (x2) <input type="checkbox"/>	Run steady for 3.5 km <input type="checkbox"/>	Run steady for 4 km <input type="checkbox"/>
5	Run 12 min, walk 1 min (x2) <input type="checkbox"/>	Run steady for 4.5 km <input type="checkbox"/>	Run steady for 5 km <input type="checkbox"/>
6	Easy run + stretch <input type="checkbox"/>	Race day! 5 km run <input type="checkbox"/>	Pancakes - optional but encouraged! <input type="checkbox"/>

A fun, family-friendly 6-week training plan for kids ages 9-12. 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 are stronger than you think!