

citykidz

RUNNING

SCHEDULE

FOR BEGINNERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 14 KM	OFF	4 KM	OFF	5 KM	OFF	5 KM	OFF
WEEK 2 15 KM	OFF	4 KM	OFF	5 KM	OFF	6 KM	OFF
WEEK 3 15 KM	OFF	5 KM	OFF	5 KM	OFF	5 KM	WALK
WEEK 4 17 KM	OFF	5 KM	OFF	5 KM	OFF	7 KM	WALK
WEEK 5 14 KM	OFF	4 KM	OFF	4 KM	OFF	6 KM	WALK
WEEK 6 17 KM	OFF	5 KM	OFF	5 KM	OFF	7 KM	WALK
WEEK 7 18 KM	OFF	5 KM	OFF	5 KM	OFF	8 KM	WALK
WEEK 8 20 KM	OFF	7 KM	OFF	5 KM	OFF	8 KM	WALK
WEEK 9 21 KM	OFF	6 KM	OFF	5 KM	OFF	10 KM	WALK
WEEK 10 16 KM	OFF	5 KM	OFF	3 KM	OFF	8 KM	OFF
WEEK 11 -RACE-	OFF	5 KM	OFF	3 KM	OFF	-RACE-	-

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RUNNING

SCHEDULE

FOR INTERMEDIATES

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 13 KM	3 KM	OFF	5 KM	OFF	OFF	5 KM	OFF
WEEK 2 17 KM	5 KM	OFF	5 KM	OFF	OFF	7 KM	OFF
WEEK 3 15 KM	5 KM	OFF	5 KM	OFF	OFF	5 KM	OFF
WEEK 4 17 KM	5 KM	OFF	5 KM	OFF	OFF	7 KM	OFF
WEEK 5 19 KM	5 KM	OFF	7 KM	OFF	OFF	7 KM	OFF
WEEK 6 20 KM	5 KM	OFF	7 KM	OFF	OFF	8 KM	OFF
WEEK 7 21 KM	8 KM	OFF	5 KM	OFF	OFF	8 KM	OFF
WEEK 8 18 KM	5 KM	OFF	8 KM	OFF	OFF	5 KM	OFF
WEEK 9 20 KM	5 KM	OFF	5 KM	OFF	OFF	10 KM	OFF
WEEK 10 22 KM	7 KM	OFF	5 KM	OFF	OFF	10 KM	OFF
WEEK 11 21 KM	8 KM	OFF	5 KM	OFF	OFF	8 KM	OFF
WEEK 12 -RACE-	OFF	5 KM	OFF	5 KM	OFF	-RACE-	-