

# Kids' 1.5K

# TRAINER

Follow the Kids' 1.5K Trainer to have a speedy race at the



1.5K Family Run!



## THE 23RD ANNUAL TC10K

RUN • WALK • APRIL 29, 2012

Starting February 26th

Each week, run the distance in the circle and colour it in!

Fill in all the bubbles and you will run 42K — that's the length of a marathon!

500m = 5 min

Sunday, April 29th  
**RACE DAY!**



Training Day 1    Training Day 2    Training Day 3

Week 1	500 M	500M	500M
Week 2	1K	1K	500M
Week 3	1K	1.5K	500M
Week 4	1.5K	1.5K	1K
Week 5	2K	1.5K	1.5K
Week 6	2K	2K	2K
Week 7	2.5K	2K	2.5K
Week 8	2K	3K	2K
Week 9	3K	2K	1K

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