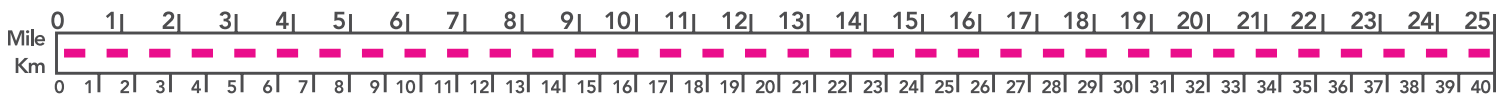


RUN WILD

“Keep track of your progress towards your goal. Colour in or mark off each km on the road below. The WildOnes MaraFun training is done through the honour system under the guidance of a parent, teacher or coach.”



| Week | Monday | Wednesday | Friday | Saturday | Km/Miles |
|-------------|---------------------|---------------------|---------------------|---------------------|-----------------|
| Week One: | RUN 0.6 km (.3 mi) | RUN 0.8 km (.5 mi) | RUN 0.8 km (.5 mi) | RUN 1.6 km (1 mi) | 3.8 km (2.4 mi) |
| Week Two: | RUN 1.6 km (1 mi) | RUN 1.6 km (1 mi) | RUN 1.6 km (1 mi) | RUN 2.4 km (1.5 mi) | 7.2 km (4.5 mi) |
| Week Three: | RUN 1.6 km (1 mi) | RUN 1.6 km (1 mi) | RUN 2.4 km (1.5 mi) | RUN 1.6 km (1 mi) | 7.2 km (4.5 mi) |
| Week Four: | RUN 2.4 km (1.5 mi) | RUN 1.6 km (1 mi) | RUN 1.6 km (1 mi) | RUN 3.2 km (2 mi) | 8.8 km (5.5 mi) |
| Week Five: | RUN 1.6 km (1 mi) | RUN 2.4 km (1.5 mi) | RUN 1.6 km (1 mi) | RUN 2.4 km (1.5 mi) | 8.0 km (5.0 mi) |
| Week Six: | RUN 2.4 km (1.5 mi) | RUN 2.4 km (1.5 mi) | RUN 0.8 km (.5 mi) | | 5.6 km (3.5 mi) |



RunWild Marathon Training Schedule March to May 2020

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
|------------------------|--------------|---------|-------------------|----------|-----------------|--------------|--|
| 22 March | 23 0.6 km | 24 | 25 0.8 km | 26 | 27 0.8 km | 28 1.6 km | |
| 29 | 30 1.6 km | 31 | 1 April 1.6 km | 2 | 3 1.6 km | 4 2.4 km | |
| 5 | 6 1.6 km | 7 | 8 1.6 km | 9 | 10 2.4 km | 11 1.6 km | |
| 12 | 13 2.4 km | 14 | 15 1.6 km | 16 | 17 1.6 km | 18 3.2 km | |
| 19 | 20 1.6 km | 21 | 22 2.4 km | 23 | 24 1.6 km | 25 2.4 km | |
| 26 | 27 2.4 km | 28 | 29 2.4 km | 30 | 1 May 0.8 km | 2 | |
| 3 RunWild 1.3 km | | | | | | | |