

RunWild

Zander Training Sheet

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



Monday

RUN 0.6 km (.3 mi)
 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)
 RUN 2.4 km (1.5 mi)

Wednesday

RUN 0.8 km (.5 mi)
 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)
 RUN 2.4 km (1.5 mi)

Friday

RUN 0.8 km (.5 mi)
 RUN 1.6 km (1 mi)
 RUN 2.4 km (1.5 mi)
 RUN 1.6 km (1 mi)
 RUN 1.6 km (1 mi)
 RUN 0.8 km (.5 mi)

Saturday

RUN 1.6 km (1 mi)
 RUN 2.4 km (1.5 mi)
 RUN 1.6 km (1 mi)
 RUN 3.2 km (2 mi)
 RUN 2.4 km (1.5 mi)

Km/Miles

3.8 km (2.4 mi)
 7.2 km (4.5 mi)
 7.2 km (4.5 mi)
 8.8 km (5.5 mi)
 8.0 km (5.0 mi)
 5.6 km (3.5 mi)

