

## GDCA KIDS TRAINING SCHEDULE

Include your water breaks every 30 min.

	DAY 1	DAY2	DAY 3	DAY 4	DAY 5
<b>WEEK 1</b>	Marking Track Area	PRETESTING	PRETESTING	PRETESTING	PRETESTING
	Set Up	12 MIN. RUN	12 MIN RUN	12 MIN RUN	12 MIN RUN
<b>WEEK 2</b>	Run/Walk	Run/Walk	Run/Walk	GAMES	GAMES
	30 MIN	30 MIN	30 MIN	TOPIC DAY	TOPIC DAY
<b>WEEK 3</b>	Run-2Min. X2	Run-3min x2	Run-3min x2	GAMES	GAMES
	Walk-15Min	Walk-15 Min	Walk-15 Min	TOPIC DAY	TOPIC DAY
<b>WEEK 4</b>	Run 5 Min x2	Run 7 Min	Run 7 Min	GAMES	GAMES
	Walk 15 Min	Walk 15 Min	Walk 15 Min	TOPIC DAY	TOPIC DAY
<b>WEEK 5</b>	Run 15 Min	Run 15 Min	Run 12 Min	GAMES	GAMES
	Walk 15 Min	Walk 15 Min	Walk 15 Min	TOPIC DAY	TOPIC DAY
<b>WEEK 6</b>	Run 15 Min	Run 15 Min	Run 18 Min	GAMES	GAMES
	Walk 15 Min	Walk 15 Min	Walk 12 Min	TOPIC DAY	TOPIC DAY
<b>WEEK 7</b>	Run 25 Min	Run 20 Min	Run 22 Min	GAMES	GAMES
	Walk 5 Min	Walk 10 Min	Walk 8 Min	TOPIC DAY	TOPIC DAY
<b>WEEK 8</b>	Run 30 Min	Run 30 Min	Run 30 Min	Games	Games
<b>WEEK 9</b>	Run 30 Min	Run 30 Min	Run 30 Min	Run 30 Min	Games
<b>WEEK 10</b>	Run 35 Min	Run 35 Min	Run 35 Min	Run 35 Min	Games
<b>WEEK 11</b>	Run 40 Min	Run 40 Min	Run 40 Min	Run 40 Min	Games
<b>WEEK 12</b>	Run 45 Min	Run 45 Min	Run 45 Min	Run 45 Min	Games

Based on individual expectations, Weeks 8-12 total running time will be increased as opposed to the time from Week 6-7

Encourage the participant to measure their distance travelled each day so that they are motivated to run faster each time.