

Little Rockers

Kids Marathon

March 6, 2027

TRAINING SCHEDULE

Step by Step

Step #1 Register online at www.littlerockmarathon.com. Go to the "Kids Marathon" page. Follow the registration links.

Step #2 Find a safe place to train and follow this training plan. Put this schedule on the front of your refrigerator at home. Run or walk at least 25.2 miles before race day. Remember to write your mileage down on your Official Training Log (*see next page*). Be sure to have a parent, guardian, caregiver or training buddy to sign for your mileage.

Step #3 Turn in a copy of your training log when you pick up your race packet (*see "Packet Pick Up" page online for time and place*).

Step #4 On race day come run or walk the final mile of your marathon with us.

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Miles this week	Total Miles
10/26-11/1/26	0.5	off	0.5	0.5	off	0.5	off	2	2
11/2-11/8/26	0.5	off	0.5	0.5	off	0.5	off	2	4
11/9-11/15/26	0.5	off	0.5	0.5	off	0.5	off	2	6
11/16-11/22/26	0.5	0.5	0.5	off	off	0.5	off	2	8
11/23-11/29/26	0.5	off	0.5	0.5	off	0.5	0.5	2.5	10.5
11/30-12/6/26	0.5	off	0.5	0.5	off	0.5	0.5	2.5	13
12/7-12/13/26	1	off	0.5	off	0.5	0.5	0.5	3	16
12/14-12/20/26	1	0.5	0.5	0.5	off	0.5	off	3	19
12/21-12/27/26	1	off	0.5	1	off	0.5	off	3	22
12/28/26-1/3/27	1	off	0.5	1	off	0.5	off	3	25
1/4-1/10/27	1	off	1	off	off	1	off	3	28
1/11-1/17/27	1	off	1	off	off	1	off	3	31
1/18-1/24/27	1	off	1	off	off	1	off	3	34
1/25-1/31/27	1	off	1	off	off	1	off	3	37
2/1-2/7/27	1	off	1	off	off	1	off	3	40
2/8-2/14/27	1	off	1	off	off	1	off	3	43
2/15-2/21/27	1	off	1	off	off	1	off	3	46
2/22-2/28/27	1	off	1	off	off	1	off	3	49
3/1-3/7/27	off	off	off	off	off	1.2	off	1.2	50.2

QUESTIONS?

Leah Pearce, Chair

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littlerockkidsmarathon@gmail.com

Please consult with your child's physician before beginning this or any other conditioning program.

These schedules are only a guide for training.

Other training materials are available on the Kids page of www.littlerockmarathon.com.

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TRAINING LOG

Athlete's Name	Certified by

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Miles this week	Total Miles
10/26-11/1/26									
11/2-11/8/26									
11/9-11/15/26									
11/16-11/22/26									
11/23-11/29/26									
11/30-12/6/26									
12/7-12/13/26									
12/14-12/20/26									
12/21-12/27/26									
12/28/26-1/3/27									
1/4-1/10/27									
1/11-1/17/27									
1/18-1/24/27									
1/25-1/31/27									
2/1-2/7/27									
2/8-2/14/27									
2/15-2/21/27									
2/22-2/28/27									
3/1-3/7/27									

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