



MARATHON FAMILIES

8-Week Programme





WHAT IS MARATHON FAMILIES?

With schools being closed and people being asked to stay at home except for vital reasons such as exercise it can be difficult to stay active, especially if you have children at home. Why not take this opportunity to challenge your whole family to complete a Marathon together, whether that is all of you doing a marathon each or doing one as a group?

Marathon Families is an adaptation of the extremely popular MarathonKids Programme that is rolled out across Dublin with 5th and 6th Class Children. Over an 8 week period Children complete a full 42kms and a series of in class lessons on the benefits of Sport and Physical Activity.

Marathon Families can be completed in 4 ways:

7 Days a week

The 7 day programme will see participants walking/jogging shorter distances each day of the week over 8 weeks to complete the entire 42km. The 7 day programme is ideal for people starting their fitness journey; we'd encourage you to walk/jog the distances each day

5 Days a week

The 5 day programme will see participants jogging medium length distances 5 days of the week. Like the other options it will take 8 weeks to complete the Marathon. The 5 day programme is aimed at people who are somewhat active and have a history of regular training.

3 Days a week

The 3 day programme targets participants who are active and training regularly. The target is to complete 3 runs a week, the distances range from medium to long and over the 8 weeks you will complete the 42km Marathon.

Express Programme

If your time is limited or you have small children why not do an express version of MarathonFamilies, the Express Version rewards everyone's efforts, whether big or small, by doing a cumulative version amongst your family. So, for example if you decide to do it over a week it is 42km in one week, 2 weeks is 22km per week, 3 weeks is 14km etc etc, tailor it to suit your family's needs.





MARATHON
FAMILIES



7 DAYS A WEEK

Walking/jogging shorter distances over 8 weeks (Beginners and/or young children)

Week 1	2600M
Week 2	3800M
Week 3	5200M
Week 4	4600M
Week 5	5300M
Week 6	6400M
Week 7	7100M
Week 8	7200M
Total	42200M

WEEK 1 DISTANCE

Day 1	200M
Day 2	300M
Day 3	500M
Day 4	200M
Day 5	300M
Day 6	400M
Day 7	700M

WEEK 2 DISTANCE

Day 1	300M
Day 2	600M
Day 3	700M
Day 4	400M
Day 5	500M
Day 6	400M
Day 7	700M

WEEK 3 DISTANCE

Day 1	400M
Day 2	700M
Day 3	800M
Day 4	600M
Day 5	800M
Day 6	900M
Day 7	1000M

WEEK 4 DISTANCE

Day 1	500M
Day 2	600M
Day 3	800M
Day 4	500M
Day 5	600M
Day 6	700M
Day 7	900M

WEEK 5 DISTANCE

Day 1	500M
Day 2	600M
Day 3	800M
Day 4	500M
Day 5	600M
Day 6	700M
Day 7	900M

WEEK 6 DISTANCE

Day 1	700M
Day 2	900M
Day 3	1000M
Day 4	800M
Day 5	900M
Day 6	1000M
Day 7	1100M

WEEK 7 DISTANCE

Day 1	900M
Day 2	900M
Day 3	1000M
Day 4	1200M
Day 5	900M
Day 6	1000M
Day 7	1300M

WEEK 8 DISTANCE

Day 1	1000M
Day 2	800M
Day 3	1100M
Day 4	800M
Day 5	1200M
Day 6	800M
Day 7	1500M



5 DAYS A WEEK

Medium length distances over 8 weeks
(somewhat active/history of regular training)

Week 1	3800M
Week 2	4100M
Week 3	4800M
Week 4	5300M
Week 5	5700M
Week 6	5900M
Week 7	6500M
Week 8	6200M
Total	42200M

WEEK 1 DISTANCE

Day 1 600M

Day 2 700M

Day 3 900M

Day 4 600M

Day 5 1000M

WEEK 2 DISTANCE

Day 1 700M

Day 2 800M

Day 3 600M

Day 4 900M

Day 5 1100M

WEEK 3 DISTANCE

Day 1 800M

Day 2 900M

Day 3 1000M

Day 4 900M

Day 5 1200M

WEEK 4 DISTANCE

Day 1 900M

Day 2 1000M

Day 3 1100M

Day 4 900M

Day 5 1300M

WEEK 5 DISTANCE

Day 1 900M

Day 2 1000M

Day 3 1300M

Day 4 1000M

Day 5 1500M

WEEK 6 DISTANCE

Day 1 1000M

Day 2 1100M

Day 3 1300M

Day 4 900M

Day 5 1600M

WEEK 7 DISTANCE

Day 1 1100M

Day 2 1500M

Day 3 900M

Day 4 1300M

Day 5 1700M

WEEK 8 DISTANCE

Day 1 1200M

Day 2 900M

Day 3 1400M

Day 4 900M

Day 5 1800M

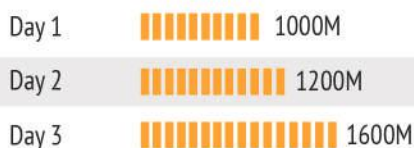


3 DAYS A WEEK

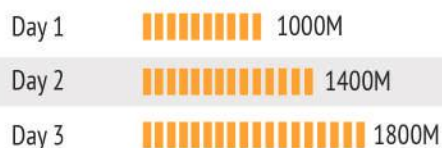
Medium to long distances over 8 weeks
(active and training regularly)



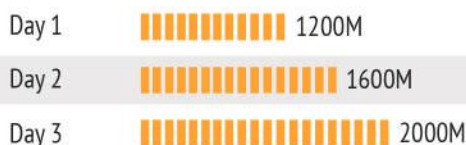
WEEK 1 DISTANCE



WEEK 2 DISTANCE



WEEK 3 DISTANCE



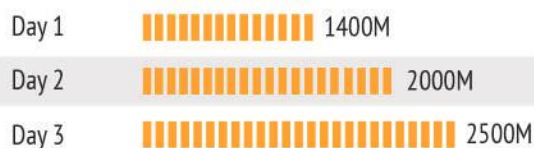
WEEK 4 DISTANCE



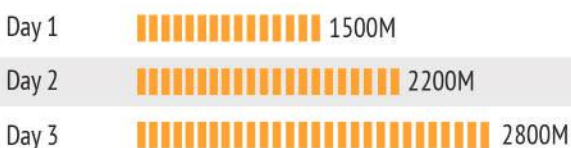
WEEK 5 DISTANCE



WEEK 6 DISTANCE



WEEK 7 DISTANCE



WEEK 8 DISTANCE

