



# MARATHON FAMILIES





# 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



Speaking about the programme Stephen Mc Ginn said “I’m a massive fan of the MarathonKids programme and it’s something that could be in every school in the country. I’d love to see families all over Fingal and indeed Ireland sign up to Marathon Families as it’s always easier to exercise with other people rather than on your own. It’s great to have a European Indoor Champion in David Gillick on board supporting the new variation of the MarathonKids programme as someone of the stature of David Gillick will only help to highlight the benefits of getting people more active and involved in physical activity.”

Mayor of Fingal, Cllr Eoghan O’Brien said “I’d like to commend the Sports Office for all the work they do to promote Sport in the county. Fingal County Council strives to be innovative and at the forefront of Sports Development and this programme is a testament to that. I’d like to take this opportunity to acknowledge MarathonKids Ireland for supporting and assisting our Sports Office in developing this programme which I hope many families will benefit from.”

To sign up to the programme go to: <https://learning.fingal.ie> and go to the ‘Be Active at Home’ section

# 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
<b>Total</b>		<b>42200M</b>

## 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
<b>Total</b>		<b>42200M</b>

## 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

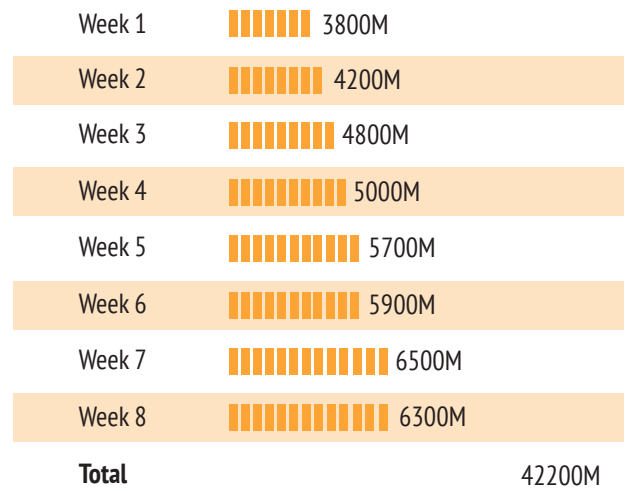
Day 4 ||||| 900M

Day 5 ||||| 1800M

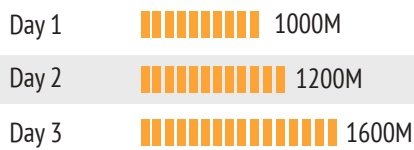


# 3 DAYS A WEEK

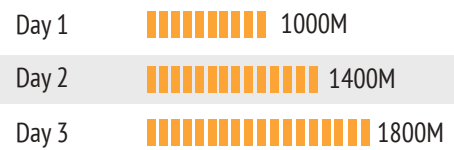
Medium to long distances over 8 weeks  
(active and training regularly)



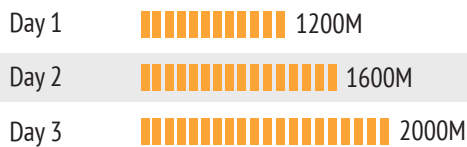
## WEEK 1 DISTANCE



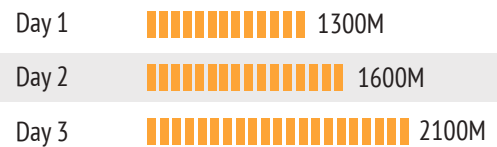
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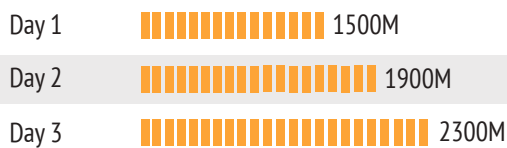
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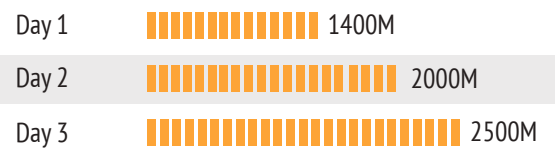
## WEEK 4 DISTANCE



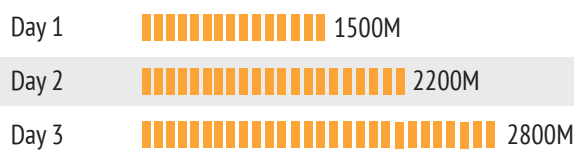
## WEEK 5 DISTANCE



## WEEK 6 DISTANCE



## WEEK 7 DISTANCE



## WEEK 8 DISTANCE

