



26th/27th June

Run a mile as a family



This plan was developed by Athletics Ireland Regional Development Office Grace Lynch

We advise 3 training days a week and suggested Monday, Thursday's and Sundays - but do whatever days' work for you.

UNDER 10'S

This training plan is suitable for Children under the age of 10.

	MONDAY	THURSDAY	SATURDAY	SUNDAY
1 ST WEEK	<p>Movement Monday!</p> <p>Follow the leader 5 minute walk – youngest sets the route!</p>  <p>Run a minute Walk a minute!</p> <p>Repeat 4 times</p>	<p>Tune Thursday!</p>  <ul style="list-style-type: none"> • Have a parent or guardian play your favourite song • Keep your body moving until the music stops • Run, hop, skip, or jump – you decide! <p>Rest a minute once the song is over!</p> <p>Repeat 3 times</p>	<p>REST</p>	<p>Sundays Super hero session!</p>  <p>Log for 5 minutes, youngest sets the pace</p> <p>Remember to stay together!</p> <p>Easy 5 minute follow the leader walk to finish</p>
2 ND WEEK	<p>Movement Monday!</p> <p>Follow the leader 5 minute walk – oldest sets the route!</p>  <p>Run a minute Walk a minute!</p> <p>Repeat 5 times</p>	<p>Tag Thursday!</p>  <ul style="list-style-type: none"> • Set the timer for 15 minutes • Pick a chaser and see who can go the longest without being caught • You become the chaser once tagged! <p>"Your it!"</p>	<p>REST</p>	<p>Sundays Super hero session!</p>  <p>Walk it out for 4 minutes, followed by a Log for 5 minutes with the youngest setting the pace</p> <p>Remember to stay together!</p> <p>Easy 5 minute follow the leader walk to finish</p>
3 RD WEEK	<p>Movement Monday!</p> <p>Follow the leader 5 minute walk.</p> <p>Run a minute Walk a minute!</p> <p>Repeat</p> 	<p>Tune Thursday!</p>  <ul style="list-style-type: none"> • Have a parent or guardian play your favourite song • Keep your body moving until the music stops • Run, hop, skip, or jump –you decide! <p>Rest a minute once the song is over!</p> <p>Repeat 4 times</p>	<p>Family Mile Challenge Weekend June 26th</p> 	<p>Family Mile Challenge Weekend June 27th</p> 

#FamilyMileChallenge