



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, Friday and Sunday - but do whatever days' work for you.

OVER 10'S

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

	MONDAY	THURSDAY	FRIDAY	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 3 times</p> 	<p>Tune Thursday!</p> <p>Have a parent or guardian play your two favourite songs and see can you stay jogging until the music stops</p> <p>Rest a minute once the two songs end!</p> <p>Repeat 3 times</p> 	<p>REST</p>	<p>REST</p>	<p>Sundays Super hero session!</p> <p>Jog for 5 minutes, youngest sets the pace</p> <p>Don't forget to stretch those muscles</p> <p>Then run 20 seconds super-fast and rest until you get your breath back</p> <p>Repeat 5 times</p> 
2 ND WEEK	<p>Movement Monday!</p> <p>Follow the leader 5 minute jog – youngest sets the pace!</p> <p>Run a minute Walk a minute!</p> <p>Repeat 4 times</p> 	<p>REST</p>	<p>Fitness Friday</p> <p>5 minute jog to get warmed up</p> <p>10 Jumping Jacks</p> <p>10 Toe Touches</p> <p>10 Skips</p> <p>Repeat 3 times</p> <p>2 minutes jog to cool down</p> 	<p>REST</p>	<p>Sundays Super hero session!</p> <p>Walk it out for 4 minutes, followed by a Jog 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 3 times</p> 	<p>Tune Thursday!</p> <p>Have a parent or guardian play your three favourite songs and see can you stay jogging until the music stops</p> <p>Rest a minute once the song is over!</p> <p>Repeat 2 times</p> 	<p>REST</p>	<p>Family Mile Challenge Weekend June 26th</p> 	<p>Family Mile Challenge Weekend June 27th</p> 

#FamilyMileChallenge