



# KIDS' MARTIAN MARATHON TRAINING PLAN

WEEK	DATE	SUN	MON	TUE	WED	THU	FRI	SAT	TOTAL
1	March 3	.75 Miles	.75 Miles		.75 Miles	.75	1 Mile		4 MILES
2	March 10	1 Mile	.75 Miles		1 Mile	.75	1 Mile		4.5 MILES
3	March 17	1 Mile	.75 Miles		1 Mile	1 Mile	1 Mile		4.75 MILES
4	March 24	1 Mile	.75 Miles		1 Mile	1 Mile	1 Mile		4.75 MILES
5	March 31		.75 Miles		1 Mile	1 Mile	1 Mile		3.75 MILES
6	April 7	1 Mile	.5 Miles		1 Mile	.75 Miles		RACE DAY	3.25 MILES

[NorthRidgeChurch.com/LoveRuns](http://NorthRidgeChurch.com/LoveRuns)

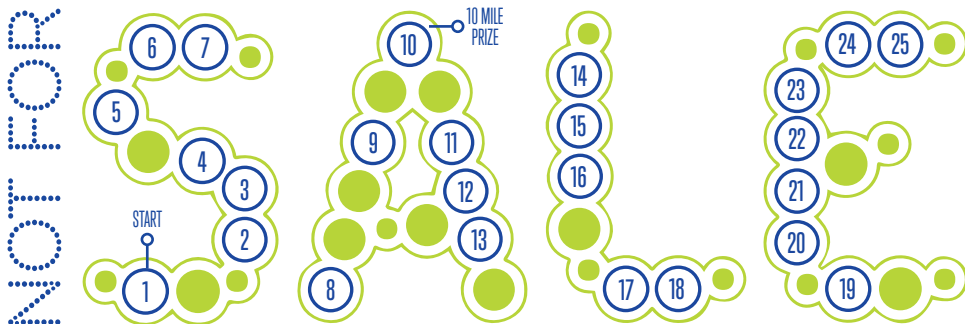


PARTICIPANT'S NAME \_\_\_\_\_

## MARTIAN INVASION OF RACES KIDS' MARATHON

Hey kids! Join us on an out-of-this-world adventure collecting MILES! All you have to do is get moving. And guess what? We have some PRIZES for you!

After you have completed 25 miles join us on race day, April 13, for your final 1.2 miles. Bring this log sheet to the Blue Care Network tent at the race for a special prize for all your hard work!



FEBRUARY 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 Info Meeting	26	27	28	29 Underground Printing Kids' T-shirt Design Contest Entries Due		

MARCH 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3 Training Starts	4 Race Price Increase for All Races! Coupon Codes Shut Off	5	6	7	8	9
10 Sunday Group Run NRC Plymouth 3:30p	11	12	13	14	15	16
17 Sunday Group Run NRC Plymouth 3:30p	18	19	20	21	22	23
24 Group Run NRC Plymouth 3:30p Service Project	25	26	27	28	29 Easter Services	30 Easter Services
31 Easter Services						

APRIL 2024						
SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7 Sunday Group Run NRC Plymouth 3:30p	8	9	10 Kids' 1.2 Mile Online Registration Closes at Noon	11	12	13 RACE DAY Green Wave 12:40P Start

## SUNDAY GROUP RUN THEMES

NorthRidge Plymouth @ 3:30p

March 10 | Crazy Sock Day

March 17 | St. Patrick's Day

March 24 | Crazy Hair

April 7 | Super Hero Day