



LIFETIME[®]
MIAMI
KIDS RUN

Training Calendar
2021 - 2022



October 2021

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---|------|---|------|--|-----------|---------------------|----------|---|----------------|----------------------|----------|--|---------------|
|  | |  | | | | | | | | 1 | | 2 | |
| | | | | | | | | | | | | | |
| 3 | | 4 | Easy | 5 | Intervals | 6 | Recovery | 7 | Long Intervals | 8 | Recovery | 9 | Free Activity |
| | | 5 minutes easy pace 4 x 100-meter Striders | | 5 minutes easy pace 2 x 400 meters (or 2 minutes) 3 minutes rest between each rep | | 5 minutes easy pace | | 5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace | | 8 minutes easy pace | | Play a game outdoors or Run with your family | |
| 10 | Rest | 11 | Easy | 12 | Intervals | 13 | Recovery | 14 | Long Intervals | 15 | Recovery | 16 | Free Activity |
| | | 5 minutes easy pace 4 x 100-meter Striders | | 6 minutes easy pace 3 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace | | 5 minutes easy pace | | 5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace | | 8 minutes easy pace | | Play a game outdoors or Run with your family | |
| 17 | Rest | 18 | Easy | 19 | Intervals | 20 | Recovery | 21 | Tempo | 22 | Recovery | 23 | Free Activity |
| | | 5 minutes easy pace 5 x 100-meter Striders | | 6 minutes easy pace 3 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace | | 6 minutes easy pace | | 5 minutes easy pace 3 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | | 10 minutes easy pace | | Play a game outdoors or Run with your family | |
| 24 | Rest | 25 | Easy | 26 | Intervals | 27 | Recovery | 28 | Tempo | 29 | Recovery | 30 | Free Activity |
| | | 5 minutes easy pace + 5 x 100-meter Striders | | 6 minutes easy pace 1 x 800 meters 3 minutes between each rep 2 x 400 meters 2 minutes between each rep 6 minutes easy pace | | 7 minutes easy pace | | 5 minutes easy pace 3 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | | 10 minutes easy pace | | Play a game outdoors or Run with your family | |

November 2021

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|---|---|--|---|---|---|
| | 1 Easy 5 minutes easy pace + 5 x 100-meter Striders | 2 Intervals 6 minutes easy pace 1 x 800 meters 3 minutes between each rep 2 x 400 meters 2 minutes between each rep 6 minutes easy pace | 3 Recovery 8 minutes easy pace | 4 Long Intervals 5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace | 5 Recovery 10 minutes easy pace | 6 Free Activity Play a game outdoors or Run with your family |
| 7 | 8 Easy 8 minutes easy pace 4 x 100-meter Striders | 9 Intervals 6 minutes easy pace 2 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace | 10 Recovery 8 minutes easy pace | 11 Long Intervals 6 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 6 minutes easy pace | 12 Recovery 10 minutes easy pace | 13 Free Activity Play a game outdoors or Run with your family |
| 14 Rest | 15 Easy 8 minutes easy pace + 4 x 100-meter Striders | 16 Intervals 6 minutes easy pace 3 x 400 meter (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace | 17 Recovery 10 minutes easy pace | 18 Long Intervals 5 minutes easy run 2 x 1 mile Rest in between each repetition should be at least half the time it took you to complete 1 x 800 meters Rest in between each repetition should be at least the time it took you to complete 5 minutes easy run | 19 Recovery 10 minutes easy pace | 20 Free Activity Play a game outdoors or Run with your family |
| 21 Rest | 22 Easy 8 minutes easy pace + 5 x 100-meter Striders | 23 Intervals 6 minutes easy run 3 x 1KM 4 minutes jog/rest between each rep 6 minutes easy run | 24 Recovery 10 minutes easy pace | 25 Tempo 5 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | 26 Recovery 10 minutes easy pace | 27 Free Activity Play a game outdoors or Run with your family |
| 28 Rest | 29 Easy 8 minutes easy pace + 5 x 100-meter Striders | 30 Intervals 6 minutes easy pace 1 x 800 meters 3 minutes rest between each rep 2 x 400 meters 2 x 200 meters 2 minutes rest between each rep 6 minutes easy pace | | |   | |

December 2021

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---|------|---|------|--|-----------|----------------------|----------|--|----------------|----------------------|----------|--|---------------|
|  | |  | | | | 1 | Recovery | 2 | Tempo | 3 | Recovery | 4 | Free Activity |
| | | | | | | 10 minutes easy pace | | 7 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 5 | | 6 | Easy | 7 | Intervals | 8 | Recovery | 9 | Long Intervals | 10 | Recovery | 11 | Free Activity |
| | | 10 minutes easy pace 4 x 100-meter Striders | | 5 minutes easy pace 2 x 400 meters (or 2 minutes) 3 minutes rest between each rep 5 minutes easy pace | | 10 minutes easy pace | | 5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 12 | Rest | 13 | Easy | 14 | Intervals | 15 | Recovery | 16 | Long Intervals | 17 | Recovery | 18 | Free Activity |
| | | 10 minutes easy pace + 4 x 100-meter Striders | | 6 minutes easy pace 3 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace | | 10 minutes easy pace | | 5 minutes easy pace 3 x 400 meters 3 minutes rest 1 x 800 meters 3 minutes rest 5 minutes easy pace | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 19 | Rest | 20 | Easy | 21 | Intervals | 22 | Recovery | 23 | Tempo | 24 | Recovery | 25 | Free Activity |
| | | 11 minutes easy pace 5 x 100-meter Striders | | 6 minutes easy pace 2 x 800 meters 4 minutes jog/rest between each rep 6 minutes easy run | | 11 minutes easy pace | | 7 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 26 | Rest | 27 | Easy | 28 | Intervals | 29 | Recovery | 30 | Tempo | 31 | Recovery | | |
| | | 11 minutes easy pace 5 x 100-meter Striders | | 6 minutes easy pace 1 x 800 meters 3 minutes rest between each rep 2 x 400 meters 2 x 200 meters 2 minutes rest between each rep 6 minutes easy pace | | 11 minutes easy pace | | 5 minutes easy pace 7 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders | | 12 minutes easy pace | | | |

January 2022

| Sunday | | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------|------|--|------|--|-----------|----------------------|----------|--|-----------|--|----------|--|---------------|
| | | | | | | | | | | | | 1 | Free Activity |
| | | | | | | | | | | | | Play a game outdoors or Run with your family | |
| 2 | Rest | 3 | Easy | 4 | Intervals | 5 | Recovery | 6 | Fartlek | 7 | Recovery | 8 | Free Activity |
| | | 12 minutes easy pace 6 x 100-meter Striders | | 3 x 400 meters 3 minutes jog/rest between each 2 x 200 meters 2 minutes jog/rest between each 8 minutes easy pace | | 12 minutes easy pace | | 10 minutes easy pace 6 x 2 minutes, 2 minutes brisk walk or medium/easy jog between each 5 x 100-meter Striders | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 9 | Rest | 10 | Easy | 11 | Intervals | 12 | Recovery | 13 | Intervals | 14 | Recovery | 16 | Free Activity |
| | | 12 minutes easy pace 6 x 100-meter Striders | | 10 minutes easy pace 3 x 100-meter Sprints | | 12 minutes easy pace | | 5 minutes easy pace 3 x 800 meters (progressively get faster with each rep, faster than goal pace) 4 minutes jog/rest between each rep 5 minutes easy run | | 12 minutes easy pace | | Play a game outdoors or Run with your family | |
| 16 | Rest | 17 | Easy | 18 | Intervals | 19 | Recovery | 20 | Tempo | 21 | Recovery | 22 | Free Activity |
| | | 15 minutes easy pace + 6 x 100-meter Striders | | 7 minutes easy pace 1 x 800 meters, rest/jog 4 min between each 1 x 400 meters, rest/jog 4 min between each 2 x 200 meters, rest/jog 2 min between each rep 5 min easy pace | | 15 minutes easy pace | | 5 minutes easy pace 8 minutes tempo pace 5 minutes medium pace 6 x 100-meter Sprints | | 16 minutes easy pace | | Play a game outdoors or Run with your family | |
| 23 | Rest | 24 | Easy | 25 | Intervals | 26 | Recovery | 27 | Tempo | 28 | Recovery | 29 | Free Activity |
| | | 15 minutes easy pace 8 x 100-meter Striders | | 10 minutes medium pace 1 x 400 meters (fast) 5-minute easy pace | | 15 minutes easy pace | | 5 minutes easy pace 5 minutes tempo pace 10 minutes easy pace 6 x 100-meter Striders | | 16 minutes easy pace 4 x 100-meter striders | | Play a game outdoors or Run with your family | |
| 30 | Rest | 31 | Easy | | | | | | | <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>LIFETIME MIAMI KIDS RUN</p> </div> <div style="text-align: center;"> <p>LIFETIME MIAMI MARATHON AND HALF</p> </div> </div> | | | |
| | | 15 minutes easy pace 8 x 100-meter Striders | | | | | | | | | | | |

February 2022

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|--|----------------------|---|----------------------|----------------------------------|
| | | 1 Intervals | 2 Easy | 3 Rest | 4 Easy | 5 Rest |
| | | 10 minutes medium pace 1 x 400 meters 5-minute easy pace | 15 minutes easy pace | Play a game outdoors or 15 minutes easy pace/walk | 10 minutes easy pace | Rest up, it's RACE DAY tomorrow! |

6 Race Day!!

