



LIFETIME[®]
MIAMI
KIDS RUN

Training Calendar
2023-2024



October 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
													
		9	Easy	10	Intervals	11	Recovery	12	Long Intervals	13	Recovery	14	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	
15	Rest	16	Easy	17	Intervals	18	Recovery	19	Long Intervals	20	Recovery	21	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	
22	Rest	23	Easy	24	Intervals	25	Recovery	26	Tempo	27	Recovery	28	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	
29	Rest	30	Easy	31	Intervals								
		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									

November 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
						1	Recovery	2	Long Intervals	3	Recovery	4	Free Activity
							8 minutes easy pace		5 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 5 minutes easy pace		10 minutes easy pace		Play a game outdoors or Run with your family
5	Rest	6	Easy	7	Intervals	8	Recovery	9	Long Intervals	10	Recovery	11	Free Activity
			8 minutes easy pace 4 x 100-meter Striders		6 minutes easy pace 2 x 400 meters (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace		8 minutes easy pace		6 minutes easy pace 2 x 800 meters 3 minutes rest between each rep 6 minutes easy pace		10 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
			8 minutes easy pace + 4 x 100-meter Striders		6 minutes easy pace 3 x 400 meter (or 2 minutes) 3 minutes rest between each rep 6 minutes easy pace		10 minutes easy pace		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		10 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
			8 minutes easy pace + 5 x 100-meter Striders		6 minutes easy run 3 x 1KM 4 minutes jog/rest between each rep 6 minutes easy run		10 minutes easy pace		5 minutes easy pace 5 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
26	Rest	27	Easy	28	Intervals	29	Recovery	30	Tempo	<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>			
			8 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		10 minutes easy pace		7 minutes easy pace 5 minutes tempo pace 5 minutes easy pace 5 x 100-meter Striders				

December 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
										1	Recovery	2	Free Activity
										12 minutes easy pace		Play a game outdoors or Run with your family	
3	Rest	4	Easy	5	Intervals	6	Recovery	7	Long Intervals	8	Recovery	9	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	
10	Rest	11	Easy	12	Intervals	13	Recovery	14	Long Intervals	15	Recovery	16	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	
17	Rest	18	Easy	19	Intervals	20	Recovery	21	Tempo	22	Recovery	23	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	
24	Rest	25	Easy	26	Intervals	27	Recovery	28	Tempo	29	Recovery	30	Free Activity
		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		Play a game outdoors or Run with your family	

