

FEBRUARY 28, 2015  
**KIDS LITTLE ROCKERS MARATHON**  
 Little Rock, Arrrrrkansas  
 presented by  
**THV11**  
 A GANNETT COMPANY

# 17 Week Schedule

Week	Date	Mon	Tues	Wed	Thur	Fri	Sat	Sun	Total
1	11/3-11/9	0.5	Off	0.5	Off	0.5	0.5	Off	2
2	11/10-11/16	0.5	Off	0.5	Off	0.5	0.5	Off	2
3	11/17-11/23	0.5	Off	0.5	0.5	0.5	Off	Off	2
4	11/24-11/30	0.5	0.5	0.5	Off	0.5	0.5	Off	2.5
5	12/1-12/7	0.5	0.5	Off	0.5	0.5	Off	0.5	2.5
6	12/8-12/14	0.5	1	0.5	Off	0.5	Off	0.5	3
7	12/15-12/21	0.5	Off	1	0.5	0.5	0.5	Off	3
8	12/22-12/28	1	Off	1	Off	1	Off	Off	3
9	12/29-1/4	1	Off	1	Off	1	Off	Off	3
10	1/5-1/11	1	Off	1	0.5	1	Off	Off	3.5
11	1/12-1/18	1	Off	1	0.5	1	Off	Off	3.5
12	1/19-1/25	1	Off	1	0.5	1	Off	Off	3.5
13	1/26-2/1	1	Off	1	0.5	1	0.5	Off	4
14	2/2-2/8	1	Off	1	0.5	1	0.5	Off	4
15	2/9-2/15	1	Off	1	0.5	1	0.5	Off	4
16	2/16-2/22	1	0.5	1	0.5	0.5	1	Off	4.5
17	2/23-3/1	1	0.5	1	0.5	0.5	1	Off	4.5
<b>TOTAL</b>									<b>54.5</b>

FIRST: Register your child for the Little Rockers Kids Marathon on the registration page of the website or download an entry form from the Little Rockers page.

Then, put this schedule on the front of your fridge at home.

SECOND: Find a safe place for your child to train.

THIRD: Walk, run or roll (if your child is in a wheelchair) at least 25.2 miles before race day. Remember, write down your child's mileage eachweek.

FOURTH: Bring your child to the start line of the Little Rockers Kids Marathon.

### QUESTIONS?

Jennifer Erxleben Rogers, Chair  
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Arkansas Democrat  Gazette  
 Arkansas' Longest Newspaper



**PLEASE CONSULT WITH YOUR CHILD'S PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER PHYSICAL CONDITIONING PROGRAM**