

Run Your Age



THESE SUMMER HOLIDAYS

For anyone, running your age in kilometres is a massive achievement! But it takes work and patience to get there. So we're going to start off slow and just increase your runs by around 1k per week. In the second to last week you'll do a recovery week (called a "taper week") to allow your body to freshen up before you do the big one and run your age!

This next bit's important ... Keep all of these runs nice and cruisy and take walk and drinks breaks when needed. Run with an adult. Run earlier in the day to avoid the midday summer heat. Hydrate well. And, most of all, be realistic about your starting point, because, for many people, running your age will take longer than a 6-week build up. The below programmes assume you can already comfortably hit the Current Ability distances.

	Age 8	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15
Current Ability	2k	3k	4k	4k	5k	6k	7k	8k
Week 1	3k	4k	5k	5k	6k	7k	8k	9k
Week 2	4k	5k	6k	7k	8k	9k	9k	10k
Week 3	5k	6k	7k	8k	9k	10k	10k	12k
Week 4	6k	7k	8k	9k	10k	11k	12k	13k
Week 5	3k	4k	4k	5k	6k	7k	8k	8k
Run Your Age Week!	8k	9k	10k	11k	12k	13k	14k	15k

On top of the above weekly long runs, we also recommend that 8-10 year olds do another 1-2 runs and 11+ do 2-4 extra runs per week. These runs could be a sprint session (jog to your local beach or park and run 6x60m fast), a Royal Flush session (6x100m trying to get faster for each with 5-10mins warm up and warm down jog), a fartlek run (5x 1min-steady-1min-slow with 5-10mins warm up and warm down jog) or just a cruisy run at a very achievable distance. And most of all, have fun!

See tempofit.org for drills and other running ideas and inspiration.