



🏁 Goal: Run 1500m comfortably by Week 6

😊 Age Group: Under 11

🕒 Schedule:

- 1 coached session per week (1 hour)
- 2 optional at-home sessions (20–30 mins each)

📅 6-Week 1500m Training Plan

Week	Focus	Coached Main Workout	At-Home Goals
1	Baseline & Form	3x300m intervals + pacing game	2x short jogs (300m–400m) + walk breaks
2	Build Endurance	2x400m + 1x300m + 100m relays	Run/walk 600m total (e.g. 3x200m)
3	Breathing & Control	2x500m runs + steady run game (don't stop!)	Try a continuous 700m jog at easy pace
4	Controlled Distance	1x600m + 1x400m + relay game	800m jog/walk + 2x100m stride-outs
5	Almost There!	1x800m continuous + 1x300m + pacing challenge	1000m easy run (breaks OK), light body work
6	1500m Achievement	Warm-up → Run full 1500m → cool down + celebration game	Optional easy jog or walking + stretching

🏠 Optional At-Home Sessions (2 per Week)

Each session: 20–30 minutes

Example A: Distance + Core

- Warm-up jog (5 mins)
- Run 400m + 300m with 1-min rest
- Core: 10 sit-ups, 10 squats, 20-sec plank (x2)
- Light jog or walk to cool down



Example B: Relays + Fun

- 3x100m fast strides
- Game: "beat your time" (run a loop twice, try to match time)
- 400m steady run
- Walk + stretch

Skills Focus by Week

Week	Key Skill	Coaching Tip
1	Posture & Relaxed Form	Upright body, relaxed arms, smooth breathing
2	Pacing	Teach "conversational pace" – not too fast
3	Breathing Rhythm	"In-in, out-out" or nose-mouth patterns
4	Recovery	Teach walk/jog recovery pacing
5	Confidence Over Distance	Reinforce progress—remind them they've come a long way!
6	Celebration & Consistency	Keep it fun, light, and positive – make 1500m feel like a win

Coached Session Format (1 Hour)

Segment	Time	Activities
Warm-Up	10 mins	Dynamic stretches, light jog, mobility drills
Skill Work	10 mins	Pacing drills, posture work, stride-outs
Main Workout	25 mins	Intervals, progressive runs, relays
Challenge Game	10 mins	Running tag, "beat your pace," cones or loop games
Cool Down	5 mins	Walking, deep breathing, stretching



Tips for Success

- Celebrate small wins: running 800m nonstop is a big deal!
- Use cones or loops to mark distance for younger kids
- Make it social: team relays, buddy runs, coach-versus-kids races
- Don't worry about speed – consistency, pacing, and confidence are key