



🏁 Goal: Run 2000m (2 km) confidently by Week 6

👤 Age Group: Under 12 (10–11 years old)

🕒 Structure:

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

📅 6-Week 2000m Training Plan Overview

Week Focus	Coached Main Workout	At-Home Goals
1 Baseline & Posture	3x400m intervals + pacing game	2x short runs (400m–500m) + walk breaks
2 Build the Base	2x600m runs + 1x200m sprint relay	1x800m jog + bodyweight circuit
3 Pacing & Rhythm	1x800m + 2x400m steady + fun tag game	1000m jog/walk + 2x100m strides
4 Mental & Physical Control	1x1000m continuous + 2x200m fast finish runs	1200m slow jog or run/walk loop
5 Near Distance Confidence	1x1200m continuous + 1x400m + pacing game	1500m steady run + light cooldown walk
6 2000m Achievement	Warm-up → 2000m run → cool down + fun relay or reward game	Optional light jog or walk & celebrate!

🏃 Coached Session Template (1 Hour)

Segment	Time	Description
Warm-Up	10 min	Jogging, dynamic drills (leg swings, skips, butt kicks)
Skill Focus	10 min	Pacing practice, form check, running drills
Main Workout	25 min	Intervals, long steady runs, progressive runs
Running Game	10 min	Chase/tag, relay loops, beat-your-time challenges



Segment	Time	Description
Cool Down	5 min	Walking, stretching, deep breathing

At-Home Sessions (Optional x2 per Week)

Each session: 20–30 mins

Example A: Build + Body Strength

- Warm-up jog (5 mins)
- Run 600m + 400m + 200m (walk 1 min between)
- 2 rounds:
 - 10 squats
 - 20 jumping jacks
 - 30-sec plank
- Walk + stretch

Example B: Distance Jog

- Easy 800–1200m jog
 - 3x100m strides (fast but controlled)
 - Light cooldown + fun balance work (single-leg hops, toe walks)
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Progress Summary

Week Longest Run in One Session Total Distance Run (Main Set)

1	400m	~1200m
2	600m	~1400m
3	800m	~1600m
4	1000m	~1800m
5	1200m	~2000m
6	2000m	2000m



✓ Coaching Tips

- Teach pace awareness: "Can you talk while running?" is a good guide
- Reinforce form: upright posture, relaxed shoulders, even arms
- Focus on confidence over speed
- Celebrate every new distance milestone
- Use games and group encouragement to keep it fun

🏃 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