



🎯 **Goal: Run 800 meters confidently by the end of 6 weeks**

✅ **Suitable for: Kids age group U9**

🕒 **Weekly:**

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

📅 **6-Week Training Plan Overview**

Week Focus		Coached Session (Main Set)	At-Home Goals
1	Introduction + Baseline	3x150m at easy pace + fun pacing games	2x short runs (100–200m) with lots of walking
2	Endurance Building	2x200m + 2x150m intervals with walk/jog breaks	Run 300m without stopping
3	Controlled Running	3x250m intervals + tag-based running game	Run 400m at steady pace
4	Pacing Awareness	2x300m + 1x200m + walk/jog recoveries	Try full 500m jog with good breathing
5	Confidence Distance	1x400m + 1x300m + fun sprint relay	600m jog with short breaks if needed
6	800m Practice Run	Warm-up → Run full 800m → cool down + celebration game	Light jog or fun run (no pressure)

🧠 **Training Themes by Week**

Week 1: Getting Started

- **Focus:** Have fun, learn warm-up/cool-down routines
- **Goal:** Comfortably run short distances (150–200m)

Week 2: Building Endurance

- **Focus:** Build aerobic base
- **Goal:** Increase comfort with 300m continuous running

Week 3: Controlled Effort

- **Focus:** Learn to pace (not too fast at the start!)
- **Goal:** Run 400m with steady breathing



Week 4: Mid-Distance Comfort

- **Focus:** Smooth longer runs, proper form
- **Goal:** Run 500m with confidence

Week 5: Near Goal Distance

- **Focus:** Combine pacing with stamina
- **Goal:** 600m continuous or near-continuous effort

Week 6: 800m Achievement!

- **Focus:** Full-distance effort, fun, celebration
- **Goal:** Run 800m with confidence and joy

At-Home Sessions (Optional)

Each 20–30 minute session includes:

- **Warm-Up (5–7 mins):** Jog, jumping jacks, arm swings
- **Main Set (15 mins):**
 - Short intervals (100–300m) with walk breaks
 - Light bodyweight work (squats, planks, skips)
- **Cool-Down (5 mins):** Walking, stretching, deep breathing

Fun ideas:

- Family relay races
- Time yourself running between trees or lamp posts
- Use cones or chalk to set up obstacle courses

Tips for Coaches & Parents

- Always start with a warm-up and end with a cool-down
- Keep it fun and playful – no intense pressure
- Encourage hydration and light snacks after sessions
- Use games: tag, relays, or timed loops
- Focus on effort and improvement, not just time