



## Grid Kids 5 week Training Program

Always remember to wear your helmet when you are on your bike and make sure your parents/guardian know where you are going if you are going for a run or ride.

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	Rest Day	2 x 2min Run with as much rest between as needed	Rest Day	10mins ride around your local park	Rest Day	Team Sports or a game with your friends/family. Take a ball to kick/throw	10 min Ride
2	Rest Day	2 x 3min Run with as much rest between as needed	Rest Day	15mins ride around your local park	Rest Day	Team Sports or play a game of chase with your friends - try to keep up or get away by twisting and turning	15 min Ride - practice getting your helmet on quickly
3	Rest Day	2 x 4min Run with as much rest between as needed	Rest Day	20mins ride around your local park	Rest Day	Team Sports or a game with your friends/family. Take a ball to kick/throw	15 min Ride - practice getting on and off your bike and running with your bike
4	Rest Day	2 x 5min Run with as much rest between as needed	Rest Day	Cycle 3-7km Ride as far as you need to on race day	Rest Day	Team Sports or play a game of chase with your friends - try to keep up or get away by twisting and turning	2min run then 10min ride - good practice for getting your helmet on & running with your bike
5	Rest Day	2 x 3min Run with as much rest between as needed	Rest Day	15mins ride around your local park	Rest Day	Rest up for big day tomorrow! Remember to have a good dinner before your event so you will have enough energy for your event.	<p style="text-align: center;"><b>Grid Kids event!</b> Have fun and be proud of your achievement</p> 