

CAPITAL KIDS 3K



WORKOUT PLAN



	1st Week	2nd Week	3rd Week	4th Week
SUN	REST DAY		REST DAY	
MON	W/U 3 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 3 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches
TUE		REST DAY		REST DAY
WED	W/U 4 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches
THU	REST DAY		REST DAY	
FRI	W/U 3 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 3 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 400 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 800 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches
SAT		REST DAY		REST DAY

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WORKOUT PLAN



	5th Week	6th Week	7th Week	8th Week
SUN	REST DAY		REST DAY	
MON	W/U 3 x 600 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 400 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 5 min and static stretches	W/U 3 x 600 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 800 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches
TUE		REST DAY		REST DAY
WED	W/U 5 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 6 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 4 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 3 x 400 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches
THU	REST DAY		REST DAY	
FRI	W/U 1 x 1200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 800 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 1 mile CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches	W/U 1.25 miles CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches
SAT		REST DAY		REST DAY

CAPITAL KIDS 3K



WORKOUT PLAN



	9th Week	10th Week	11th Week	12th Week
SUN	REST DAY		REST DAY	
MON	W/U 8 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 800 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 5 min and static stretches	W/U 3 x 400 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 2 x 800 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches
TUE		REST DAY		REST DAY
WED	W/U 4 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 6 x 200 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 6 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 5 x 100 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches
THU	REST DAY		REST DAY	
FRI	W/U 1.5 miles CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 1.75 CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 2-3min and static stretches	W/U 1.86 mile CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches	REST DAY
SAT		REST DAY		W/U RACE CD W/U with Skipping, JJ and dynamic drills. 100m=20-30sec. CD Walk 3-5min and static stretches