



KILOMETRE Countdown Chart

Running Tips

- Wear good shoes
- Wear a hat
- Put on sunscreen
- Drink water
- Stretch before and after
- Stop if painful
- Have fun



FINISH
WAMC Kids
Marathon
Sunday 9 Oct

Friday 7 Oct

START
Monday 15 Aug

42.135

41

40

39

38

37

36

35

34

33

32

31

30

29

28

27

26

25

24

23

22

21

20

19

18

17

16

15

14

13

12

11

10

9

8

7

6

5

4

3

2

1

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

WEEK 7

WEEK 8