



# 1k Training Program 2026

## My First 1K: 8-Week Adventure

Race Date: May 2, 2026 Goal: 1 Kilometer (about 10-12 minutes of moving!)

### Parent/Gym Teacher Tips for Success

- **The "Fun" Rule:** If they want to stop and look at a cool rock or a bug, let them! The goal is to finish the distance, not break records.
- **Use Games:** Don't say "we're going for a run." Say "we're going on a scavenger hunt" or "let's race to that big tree!"
- **High Fives:** Celebrate every session. A sticker chart is a great way to track progress.
- **Proper Shoes:** Make sure their sneakers are tied tight, and they have comfortable socks.

Week	Activity 1 (Mid-week)	Activity 2 (Weekend)
1 (3/8/26)	2-minute "slow" jog, 2-minute walk.	5-minute "I Spy" walk/jog.
2 (3/15/26)	Run like a cheetah for 1 min; walk like a turtle for 1 min. (Repeat 3x)	8-minute park adventure.
3 (3/22/26)	3 "Blast Off" sprints (10 seconds) with walking in between.	10-minute steady walk/jog.
4 (3/29/26)	Red Light, Green Light- Practice starting and stopping for 10 mins.	0.5K Challenge
5 (4/5/26)	Take turns being the leader. Change speeds often!	12-minute steady walk/jog.
6 (4/12/26)	Run around cones (or shoes) and jump over "lava" (cracks).	15-minute neighborhood loop.
7 (4/19/26)	Run with a "cape" (or just fast arms) for 5 mins straight.	The Big Practice: Try to do the whole 1K!
8 (4/26/26)	5-minute easy "warm-up" play.	RACE DAY: MAY 2!



To register for the Flyer Strong 5k/1k scan here:

