



**CORVALLIS & ALBANY
SPORT & SPINE
PHYSICAL THERAPY**



Kids 1K “Training” (Playing) Plan

Kids 1K Fun Run

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Week 1	Usual playing	Usual playing	Usual playing	Usual playing	Usual playing	Park day	Family Fun
Week 2	Family Walk	Hide and seek	Family Fun	Sports Day	Family Walk	Family Fun	1k (.621 miles)

FUN RACE DAY!

This is intended to be 100% fun and 0% intense. It’s intended to be 100% participation by the parent, 0% looking at your phone or ignoring your kid.

Park Day Ideas: just free play and have fun! Play tag on the play structure or out in a field; time how fast you can do a set course such as run up the stairs and down a slide, etc; make up an “obstacle course” and race each other

Family Fun: anything your family enjoys doing together!

Family Walk: this can include a walk, bike ride, etc. Kid can bike while you walk

Hide and Seek: this can be inside or outside; for more fun, make it a tag game where you have to chase each other and tag each other

Sports Day: play any sport together: this could be your usual ball sports, but could be something else like spike ball, frisbee catch or golf, etc.

WHO Recommendation of Activity for kids 5-17: *at least* 60 minutes of moderate to vigorous physical activity DAILY

- This should include strengthening activities 3x/week (see included PDF)

Access online PDF at: csspt.com/2019/09/27/1k-5k-and-10k-training-plans/

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