

RunFestRun Marathon Kids UK Activity Plan **MARATHON KIDS**

Friday 27th August 12:00 - 17:30

TIME	ACTIVITY	DETAILS	WHO CAN TAKE PART
12:00 - 12:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
13:00 - 13:45	Mini Games	Fun physical activity games	All the family
14:00 - 14:45	Parachute Races	Resistance running with parachutes	Kids only
15:00 - 15:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
16:00 - 16:45	Mini Games	Fun physical activity games	All the family
17:00 - 17:30	Parachute Races	Resistance running with parachutes	Kids only

Saturday 28th August 08:30 - 17:30

TIME	ACTIVITY	DETAILS	WHO CAN TAKE PART
08:30 - 09:00	Wake & Shake	Stretching, jumping, activities to wake up	All the family
09:15 - 09:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
10:00 - 10:45	Mini Games	Fun physical activity games	All the family
11:00 - 11:45	Parachute Races	Resistance running with parachutes	Kids only
12:00 - 12:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
13:00 - 13:45	Mini Games	Fun physical activity games	All the family
14:00 - 14:45	Parachute Races	Resistance running with parachutes	Kids only
15:00 - 15:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
16:00 - 16:45	Mini Games	Fun physical activity games	All the family
17:00 - 17:30	Parachute Races	Resistance running with parachutes	Kids only

Sunday 29th August 09:00 - 17:00

TIME	ACTIVITY	DETAILS	WHO CAN TAKE PART
09:00 - 09:45	Wake & Shake	Stretching, jumping, activities to wake up	All the family
10:00 - 10:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
11:00 - 11:45	Mini Games	Fun physical activity games	All the family
12:00 - 12:45	Parachute Races	Resistance running with parachutes	Kids only
13:00 - 13:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family
14:00 - 14:45	Mini Games	Fun physical activity games	All the family
15:00 - 15:45	Parachute Races	Resistance running with parachutes	Kids only
16:00 - 16:45	Marathon Kids UK Events	Warm up games/relays/endurance running	All the family