

K4R Training - April 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 Run ½ Mile	4	5 Run ¾ Mile	6	7	8 Optional Run at home Run ¾ Mile	This week practice will be done at: 4:00
9	10 Run 1 Mile	11	12 Run 1 ½ Miles	13	14	15 Optional Run at home Run 1 Mile	This week practice will be done at: 4:05
16	17 Run 2 Miles	18	19 Run 2 Miles	20	21	22 Optional Run at home Run 1 ½ Mile	This week practice will be done at: 4:10
23	24 Run 2 ½ Miles	25	26 Run 2 ½ Miles	27	28	29 Optional Run at home Run 2 Mile	This week practice will be done at: 4:20

K4R Training - May 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 Run 3 Miles Bellin Run Registrations Due Online	2	3 Run 3 Miles	4	5	6 Optional Run at home Run 2 ½ Mile	This week practice will be done at: 4:25
7	8 Run 3 ½ Miles	9	10 Run 3 ½ Miles	11	12	13 Optional Run at home Run 3 Mile	This week practice will be done at: 4:30
14	15 Run 4 Miles	16	17 Run 2 Miles	18	19	20 Optional Run at home Run 4 Mile	This week practice will be done at: 4:35
21	22 Run 3 Miles	23	24 Run 4 Miles	25	26	27 Optional Run at home Run 4 ½ Mile	This week practice will be done at: 4:40
28	29 No School	30	31 Run 2 Miles LAST PRACTICE!			Optional Run at home Run 5 Mile	This week practice will be done at: 4:45

