

Kids for Running 2013
Training Schedule – Hemlock Creek Elementary

We will run at school on Mondays, Tuesdays, and Thursdays.
 Pick-up times are approximate due to how long it takes your child to run each day.
 The optional runs are just that, optional, at home.

April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No School Spring Break	2 No School Spring Break	3 No School Spring Break	4 No School Spring Break	5 No School Spring Break	6 No School Spring Break
7 Rest	8 Training Begins Run ½ mile Pick-up 4:00 Logo Contest forms due	9 Run ¾ mile Pick-up 4:00	10 Rest	11 Run ¾ mile Pick-up 4:00	12 Optional @ home ¾ mile run	13 Optional ½ mile @ home
14 Rest	15 Run 1 mile Pick-up 4:15 Reg. Forms due online	16 Run 1 mile Pick-up 4:15	17 Rest	18 Run 1 ½ miles Pick-up 4:15	19 Optional @ home 1 mile run	20 Optional ½ mile @ home
21 Rest	22 Run 1 ½ miles Pick-up 4:15	23 Run 2 miles Pick-up 4:15	24 Rest	25 Run 2 miles Pick-up 4:15	26	27
28 Rest	29 Run 2 ½ miles Pick-up 4:15	30				

May 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Run 2 ½ miles Pick-up 4:15	1 Rest	2 Run 3 miles Pick-up 4:30	3 Early Dismissal Optional run @ home	4 Optional run @ home
5 Rest	6 Run 3 miles Pick-up 4:30	7 Run 2 miles Pick-up 4:15	8 Rest	9 Run 3 ½ miles Pick-up 4:30	10 Rest	11 Optional run @ home
12 Rest	13 Run 3 ½ miles Pick-up 4:30	14 Run 2 ½ miles Pick-up 4:15	15 Rest	16 Run 4 miles Pick-up 4:45	17 Optional run @ home	18 Optional run @ home
19 Rest	20 Run 4 miles Pick-up 4:45	21 Run 2 miles Pick-up 4:15	22 Rest	23 Run 5 miles Pick-up 5:00	24 Rest	25 Optional run @ home
26 Rest	27 NO SCHOOL Run 4 miles @ HOME	28 Run 2 ½ miles Pick-up 4:15	29 Rest	30 Run 6 miles Pick-up 5:00	31	

June 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Optional run @ home	1 Rest
2 Rest	3 Run 2 miles Pick-up 4:15	4 Run 1 ½ miles Pick-up 4:15	5 Rest	6 Last Day of School/Early Dismissal Run 1 mile @ HOME	7 NO SCHOOL Rest Spaghetti Dinner more info. to come	8 Bellin Run! 8:00am race start more info. to come