

Kids for Running 2013
Training Schedule – Westwood 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, **and can be done at home.**

April

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|--|--|-------------------|--|--------------------------|------------------------------|
| Spring Break | 1 Spring Break | 2 Spring Break | 3 Spring Break | 4 Spring Break | 5 Spring Break | 6 Spring Break |
| 7 Spring Break | 8 Run ½ mile Pick-up 4:00 | 9 Run ¾ mile Pick-up 4:00 | 10 Rest | 11 Run 1 mile Pick-up 4:15 | 12 Optional ¾ mile | 13 Optional ½ mile |
| 14 Rest | 15 Run 1 mile Pick-up 4:15 | 16 Run 1 mile Pick-up 4:15 | 17 Rest | 18 Run 1 ½ miles Pick-up 4:15 | 19 Optional 1 mile | 20 Optional ½ mile run |
| 21 Rest | 22 Run 2 miles Pick-up 4:15 | 23 Run 2 miles Pick-up 4:15 | 24 Rest | 25 Run 2 ½ miles Pick-up 4:15 | 26 Optional 2 mile | 27 Optional 1 mile run |
| 28 Rest | 29 Authors Celebration No practice | 30 Run 2 ½ miles Pick-up 4:15 | | | | |

May

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|--|--|------------|---|--|------------------------------|
| | | | 1 Rest | 2 Run 3 miles Pick-up 4:30 | 3 Half Day Optional 2 mile run | 4 Optional 1 mile run |
| 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 |
| 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 3 ½ miles | 18 Optional 2 mile run |
| 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 2 mile run |
| 26 Rest | 27 No School Run 4 miles @ HOME | 28 Run 2 miles Pick-up 4:15 | 29 Rest | 30 Run 6 miles Pick-up 5:00 | 31 Optional 2 mile run | |

June

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|-----------|-----------------------------------|--|---|
| | | | | | | 1 Optional 1 mile run |
| 2 Rest | 3 Run 3 miles Pick-up 4:30 | 4 Run 2 miles Pick-up 4:15 | 5 Rest | 6 Run 2 miles @ HOME | 7 Rest Spaghetti Dinner! more info. to come | 8 Bellin Run! more info. to come |