

# LUV2RUN TRAINING - MARCH/APRIL 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
29	30	31 Parent Meeting 4:00-4:30 pm (only need to attend one)	1 Parent Meeting 4:00-4:30 pm (only need to attend one)	2	3	4	
5	6 <b>FIRST PRACTICE</b> Run 1/2 mile pick up @ 4:00 p.m.	7	8 Run 1/2 mile pick up @ 4:00 p.m.	9	10	11 (Encourage walk/running over the weekend)	
12	13 Run 3/4 mile pick up @ 4:00 p.m.	14	15 Run 1 mile pick up @ 4:00 p.m.	16	17	18 (Encourage walk/running over the weekend)	
19	20 Run 1 mile pick up @ 4:00 p.m.	21	22 Run 1.5 miles pick up @ 4:10 p.m.	23	24	25 (Encourage walk/running over the weekend)	
26	27 Run 2 miles pick up @ 4:15 p.m.	28	29 Run 2.5 miles pick up @ 4:15 p.m.	30			



# LUV2RUN TRAINING - MAY 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
					1	2 (Encourage walk/running over the weekend)	
3	4 Run 3 miles pick up @ 4:20 p.m.	5	6 Run 2 miles pick up @ 4:15 p.m.	7	8	9 (Encourage walk/running over the weekend)	
10	11 Run/Walk 2 miles pick up @ 4:15 p.m.	12	13 Discuss Race Day - Walking & Stretching pick up @ 4	14	15	16 Cellcom Packet pick up	
17 Cellcom Run 5K - 10:30am	18	19	20	21	22	23	
24	25 MEMORIAL DAY	26	27	28	29	30	

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