4 WEEK PROGRAM – 2KM KID'S RUN

Each week has 3 days of runs scheduled. To complete a day, you need to run or walk for the time listed. We encourage you to train by running a minute, walking a minute, and then repeat until you have completed your time. Gradually you should be able to increase the time you are running.
(e.g. Week #1: 1min run/1min walk. Week #2: 2min run/1min walk)

APRIL 13 - APRIL 19
☐**Day 1**: 6 minutes
☐**Day 2**: 8 minutes
☐**Day 3**: 10 minutes

APRIL 20 - APRIL 26
☐**Day 1**: 8 minutes
☐**Day 2**: 10 minutes
☐**Day 3**: 12 minutes

APRIL 27 - MAY 03
☐**Day 1:** 10 minutes
☐**Day 2:** 12 minutes
☐**Day 3:** 14 minutes

MAY 04 - MAY 09
☐**Day 1**: 12 minutes
☐**Day 2:** 14 minutes
☐**Day 3:** 8 minutes
☐**May 09: VIRTUAL RUN!**