K4R Training - April 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
	1	2 **Parent Meeting 3:00 pm in Commons** Run ¾ Mile Pick up at 3:30	3	4 Run 1 Mile Pick up at 3:30	5 **Schneider Support Packages Due**	6 Run 1 Mile on own	
7	8 **Logo Contest Due**	9 Run 1 Mile Pick up at 3:30	10	11 Run 1 ½ Miles Pick up at 3:30	12	13 Run 1 ½ miles on own	
14	15	16 Run 1 ½ Mile Pick up at 3:30	17	18 Run 2 Miles Pick up at 3:30	19	20 Run 2 Miles on own	
21	22	23 Run 2 ½ Miles Pick up at 3:40	24 **Pick Up SN Support Packages**	25 Run 3 miles Pick up at 3:40 **Pick Up SN Support Packages**	26 **Pick Up SN Support Packages**	27 Run 3 Miles on own	
28	29	30 Run 3 ½ miles Pick up at 3:45					

K4R Training - May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
			1 Bellin Run Registration Forms Due Online. Registrations after this date will not receive K4R shirt or be included in VIP Team pickup.	2 Run 4 Miles Pick up at 3:50	3	4 Run 2 Miles on own	
5	6	7 Run 3 ½ Miles Pick up at 3:45	8	9 Run 4 Miles Pick up at 3:50	10	11 Run 4 Miles on own	
12	13	14 Run 3 Miles Pick up at 3:40	15	16 Run 5 Miles Pick up at 4:00	17	18 Run 4 miles on own	
19	20 **Pick Up BR/K4R Packets**	21 Run 6 Miles Pick up at 4:00 **Pick Up BR/K4R Packets**	22 **Pick Up BR/K4R Packets**	23 Run 2 ½ Miles Pick up at 3:30 **Pick Up BR/K4R Packets**	24 **Pick Up BR/K4R Packets**	25 Run 4 Miles on own	
26	27 Memorial Day	28 Run 3 Miles Pick up at 3:40 **Pick Up BR/K4R Packets**	29 **Pick Up BR/K4R Packets**	30 Run 1 ½ Miles Pick up at 3:40 **Pick Up BR/K4R Packets**	31 **Pick Up BR/K4R Packets**		

K4R Training - June 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Mileage
						1 Run 1 Mile on own	
2	3	4 Run 2 Miles Pick up at 3:30	5	6 Run 1 Mile Pick up at 3:25	7 **Spaghetti Dinner/Bellin Run Expo Night**	**8** **BELLIN RUN!!!**	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29/30	