



Running with the Wolves Training Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
April/May			10 Free Choice	11 Jog for 7 minutes with a family member around your neighborhood	12 Go outside and play for 30 minutes	13 Jog for 8 minutes with a family member around your neighborhood	
	14 Go for a one mile walk with a family member	15 Choose from the following: Jump Rope, Sprint Lateral Jump Practice	16 Jog/Walk at Waking up with the Wolves 8 a.m. Wass Track	17 Free Choice	18 Jog for 8 minutes with a family member around your neighborhood	19 Go outside and play for 40 minutes	20 Jog for 9 minutes with a family member around your neighborhood
	21 Go for a one mile walk with a family member	22 Choose from the following: Jump Rope, Sprint Lateral Jump Practice	23 Jog/Walk at Waking up with the Wolves 8 a.m. Wass Track	24 Free Choice	25 Jog for 9 minutes with a family member around your neighborhood	26 Go outside and play for 45 minutes	27 Jog for 10 minutes with a family member around your neighborhood
	28 Go for a one mile walk with a family member	29 Choose from the following: Jump Rope, Sprint Lateral Jump Practice	30 Jog/Walk at Waking up with the Wolves 8 a.m. Wass Track	1 Free Choice	2 Jog for 10 minutes with a family member around your neighborhood	3 Go outside and play for 50 minutes	4 Jog for 11 minutes with a family member around your neighborhood
	5 Go for a one mile walk with a family member	6 Choose from the following: Jump Rope, Sprint Lateral Jump Practice	7 Jog/Walk at Waking up with the Wolves 8 a.m. Wass Track	8 Jog for 11 minutes with a family member around your neighborhood	9 Rest and Drink plenty of Water	10 Running with the Wolves Race Day :)	
				My Running with the Wolves time last year:			<input type="text"/>
			My Personal Best goal this year is:			<input type="text"/>	