

April

Before you begin each day, take time to stretch and prepare for your run.

2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Run your 1 st timed mile on your own and record on the tracker	20 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	21 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	22 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	23 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	24 Optional Cross Training Day! Bike, Hike, Jump rope or swim
25 Rest Day... Let your body have a break!	26 Run your 2 nd timed mile with us at the SoHi track or on your own and record on the tracker	27 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	28 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	29 Stretch- 5 minutes Run-15 minutes Walk- 5 minutes	30 Stretch- 5 minutes Jog-10 minutes Sprints- 5 minutes Walk- 5 minutes	Optional Cross Training Day! Bike, Hike, Jump rope or swim

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