



HEALTHY KIDS DAY[®] VIRTUAL

5K

OUTDOOR

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>Planning Day! Print this and tape it to your fridge. Discuss goals with your family!!</p>	<p>Walk 10 Run 1 + Walk 1 (5 sets) Walk 5 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 5 Run 1 + Walk 1 (7 sets) Walk 5 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 10 Run 2 + Walk 1 (5 sets) Walk 5 Stretch</p>	<p>Rest or Strength Training</p>
<p>Walk 5 Run 2 + Walk 1 (7 sets) Walk 5 Stretch</p>	<p>Walk 5 Run 3 + Walk 1 (5 sets) Walk 5 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 5 Run 5+ Walk 2 (3 sets) Walk 4 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 4 Run 5+ Walk 1 (4 sets) Walk 1 Stretch</p>	<p>Rest or Strength Training</p>
<p>Walk 5 Run 8 + Walk 3 (3 sets) Walk 3 Stretch</p>	<p>Walk 5 Run 10 Walk 5 Run 5 Walk 5 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 5 Run 12 Walk 3 Run 5 Walk 5 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 10 Run 15 Walk 5 Stretch</p>	<p>Rest or Strength Training</p>
<p>Walk 6 Run 18 Walk 6 Stretch</p>	<p>Walk 5 Run 22 Walk 3 Stretch</p>	<p>Rest or Strength Training</p>	<p>Walk 3 Run 25 Walk 6 Stretch</p>	<p>Walk 3 Run 25 Walk 6 Stretch</p>	<p>REST</p>	<p>Virtual 5K and Fun Race Day!</p>