

# K4R Training - April 2022

| Sunday | Monday                               | Tuesday                          | Wednesday | Thursday                             | Friday | Saturday | Mileage |
|--------|--------------------------------------|----------------------------------|-----------|--------------------------------------|--------|----------|---------|
|        |                                      |                                  |           |                                      | 1      | 2        |         |
| 3      | 4                                    | 5<br>Run 1 Mile<br>Pick up: 3:25 | 6         | 7<br>Run 1 ½ Miles<br>Pick up: 3:25  | 8      | 9        |         |
| 10     | 11<br>Run 2 Miles<br>Pick up: 3:25   | 12                               | 13        | 14<br>Run 2 Miles<br>Pick up: 3:25   | 15     | 16       |         |
| 17     | 18<br>Run 2 ½ Miles<br>Pick up: 3:30 | 19                               | 20        | 21<br>Run 2 ½ Miles<br>Pick up: 3:30 | 22     | 23       |         |
| 24     | 25<br>Run 3 Miles<br>Pick up: 3:30   | 26                               | 27        | 28<br>Run 3 miles<br>Pick up: 3:30   | 29     | 30       |         |

# K4R Training - May 2022

| Sunday | Monday                                 | Tuesday  | Wednesday | Thursday                                  | Friday | Saturday | Mileage |
|--------|--|--|-----------|---|--------|----------|---------|
| 1      | 2<br>Run 3 ½ Miles<br>Pick up: 3:30    | 3<br><b>Bellin Run<br/>Registrations<br/>Due</b> | 4         | 5<br><br>Run 4 Miles<br><br>Pick up: 3:45 | 6      | 7        |         |
| 8      | 9<br><br>Run 2 Miles<br>Pick up: 3:25  | 10   | 11        | 12<br><br>Run 5 Miles<br>Pick up: 3:50    | 13     | 14       |         |
| 15     | 16<br><br>Run 4 Miles<br>Pick up: 3:45 | 17   | 18        | 19<br><br>Run 6 Miles<br>Pick up: 4:00    | 20     | 21       |         |
| 22     | 23<br><br>Run 3 Miles<br>Pick up: 3:30 | 24   | 25        | 26<br><br>Run 1 Miles<br>Pick up: 3:20    | 27     | 28       |         |
| 29     | 30<br><br>Run 2 Miles<br>Run on OWN    | 31   |           |   |        |          |         |

# K4R Training - June 2022

| Sunday | Monday                            | Tuesday | Wednesday | Thursday                         | Friday | Saturday                          | Mileage |
|--------|-----------------------------------|---------|-----------|----------------------------------|--------|-----------------------------------|---------|
|        |                                   |         | 1         | 2<br>Run 1 Mile<br>Pick up: 3:20 | 3      | 4                                 |         |
| 5      | 6<br>Run 2 Miles<br>Pick up: 3:25 | 7       | 8         | 9<br>Run 1 Mile on<br>own        | 10     | <b>11</b><br><b>BELLIN RUN!!!</b> |         |
| 12     | 13                                | 14      | 15        | 16                               | 17     | 18                                |         |
| 19     | 20                                | 21      | 22        | 23                               | 24     | 25                                |         |
| 26     | 27                                | 28      | 29        | 30                               |        |                                   |         |