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| February 2011 | | | | | | |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Insert Child’s Picture Here** | | 1  Run @5.0mph  For 10 minutes | 2  Lap Day:  Lap 1 5.2mph  Lap 2 walk  Lap 3 5.3mph  Lap 4 walk and so on… | 3  Run @5.0mph  For 10 minutes | 4  Run @5.0mph  For 10 minutes | 5 |
| 6 | 7  Run @5.1mph  For 10 minutes | 8  Run @5.1mph  For 10 minutes | 9  Lap Day | 10  Run @5.1mph  For 10 minutes | 11  Run @5.1mph  For 10 minutes | 12 |
| 13 | 14  Run @5.1mph  For 11 minutes | 15  Run @5.1mph  For 11 minutes | 16  Lap Day | 17  Run @5.1mph  For 11 minutes | 18  Run @5.1mph  For 11 minutes | 19 |
| 20 | 21  Run @5.2mph  For 11 minutes | 22  Run @5.1mph  For 11 minutes | 23  Lap Day | 24  Run @5.1mph  For 11 minutes | 25  Run @5.1mph  For 11 minutes | 26 |
| 27 | 28  Run @5.2mph  For 11 minutes | Lap Day: Lap day is running one lap (.25 mile) and walking one lap. Put a yellow sticky and a pencil on the treadmill. Each lap you run, make a tick mark. Run 6 laps with increasing mph by .1 and walk one lap between the running laps:  For this month: Lap 1 Run 5.2mph, Lap 2 walk, Lap 3 Run 5.3mph, Lap 4 walk, Lap 5 Run 5.4mph, Lap 6 walk,  Lap 7 Run 5.5mph, Lap 8 walk, Lap 9 Run 5.6mph, lap 10 walk, Lap 11 Run 5.7mph, lap 12 walk. Done. | | | | |