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| February 2011 |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| **Insert Child’s Picture Here** | 1Run @5.0mph For 10 minutes | 2Lap Day:Lap 1 5.2mphLap 2 walkLap 3 5.3mphLap 4 walk and so on… | 3Run @5.0mph For 10 minutes | 4Run @5.0mph For 10 minutes | 5 |
| 6 | 7Run @5.1mph For 10 minutes | 8Run @5.1mph For 10 minutes | 9Lap Day | 10Run @5.1mph For 10 minutes | 11Run @5.1mph For 10 minutes | 12 |
| 13 | 14Run @5.1mph For 11 minutes | 15Run @5.1mph For 11 minutes | 16Lap Day | 17Run @5.1mph For 11 minutes | 18Run @5.1mph For 11 minutes | 19 |
| 20 | 21Run @5.2mph For 11 minutes | 22Run @5.1mph For 11 minutes | 23Lap Day | 24Run @5.1mph For 11 minutes | 25Run @5.1mph For 11 minutes | 26 |
| 27 | 28Run @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. |