

Adam's Race is for PreK-8th grade (race by age groups) - 1 mile distance for 4th-8th grade.  
 Anyone that RUNS the entire 1 mile distance is eligible for prizes. See you on July 4th!

# Adam's Race Training Plan

## 8 Week Adam's Race Training Guide

DAY	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>MAY 9-15</b>	5 push ups 5 sit ups 10 squats	20 min Bike ride	5 push ups 5 sit ups 10 squats	Jog 2 min Walk 3 min	5 push ups 5 sit ups 10 squats	Play tag for 15 minutes with friends	Rest
<b>MAY 16-22</b>	5 push ups 5 sit ups 10 squats	20 min Basketball or Soccer	5 push ups 5 sit ups 10 squats	20 min Bike ride	5 push ups 5 sit ups 10 squats	Jog 5 min Walk 2 min	Rest
<b>MAY 23-29</b>	7 push ups 7 sit ups 10 squats	Jog, skip and run around your house	7 push ups 7 sit ups 10 squats	Jog 5 min Walk 2 min	7 push ups 7 sit ups 10 squats	7 min RUN 1 min WALK Repeat 2x	Rest
<b>MAY 30-5</b>	7 push ups 7 sit ups 10 squats	7 min RUN 1 min WALK Repeat 2x	7 push ups 7 sit ups 10 squats	Jog, skip, run and hop around your house	7 push ups 7 sit ups 10 squats	Set up an obstacle course and do it 5x	Rest
<b>JUNE 6-12</b>	8 push ups 8 sit ups 15 squats	Jog 8 min Walk 2 min (2x around school)	8 push ups 8 sit ups 15 squats	Jog, skip, run and hop around your house (2x each)	8 push ups 8 sit ups 15 squats	Play a sport with your family (baseball, soccer, basketball)	Rest
<b>JUNE 13-19</b>	10 push ups 10 sit ups 15 squats	Run around bases, run to center field, time yourself	10 push ups 10 sit ups 15 squats	Jog 10 min Walk 4 min (3x around school)	10 push ups 10 sit ups 15 squats	Jog, skip, run and hop around your house (3x each)	Rest
<b>JUNE 20-26</b>	10 push ups 10 sit ups 15 squats	Jog 10 min Walk 4 min (3x around school)	12 push ups 12 sit ups 15 squats	Go for a bike ride with your family	12 push ups 12 sit ups 15 squats	Jog 10 min Walk 4 min (3x around school)	Rest
<b>JULY 4-10</b>		Congrats! You made it to race day!					

Grab a partner, set a goal, and know your  
 reward! See you on race day!

