

## HC Kids Running Club 2025

### Training Schedule – Hemlock Creek Elementary

We will run at school on Mondays, Tuesdays, and Thursdays.

Pick-up times are approximate, but that time is the cut off for walkers

## April 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	31	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21 <b>FIRST DAY</b> <b>3/4 mile</b> Latest pickup time: 4:00	22 <b>3/4 mile</b> Latest pickup time: 4:00	23 Rest	24 <b>1 mile</b> Latest pickup time: 4:00	25	26
27	28 <b>1 mile</b> Latest pickup time: 4:00	29 <b>1.5 miles</b> Latest pickup time: 4:05				

## May 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			30 Rest	1 <b>1.5 mile</b> Latest pickup time: 4:05	2 Early Release	3 Optional run @ home
4 Rest	5 <b>1.5 mile</b> Latest pickup time: 4:05	6 <b>2 miles</b> Latest pickup time: 4:10	7 Rest	8 <b>1.5 mile</b> Latest pickup time: 4:05	9 Rest	10 Optional run @ home
11 Rest	12 <b>2 miles</b> Latest pickup time: 4:10	13 <b>2 miles</b> Latest pickup time: 4:10	14 Rest	15 <b>1.5 miles</b> Latest pickup time: 4:05	16 Rest	17 Optional run @ home
18	19 <b>2 miles</b> Latest pickup time: 4:10	20 <b>2.5 miles</b> Latest pickup time: 4:15	21 Rest	22 <b>3 miles</b> Latest pickup time: 4:25	23	24 Optional run @ home
25	26 <b>2 miles</b> Latest pickup time: 4:10	27 <b>2 miles</b> Latest pickup time: 4:10	28 Rest	29 <b>3.5 miles</b> Latest pickup time: 4:30	30	31 Optional run @ home

# June 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>2 miles</b> Latest pickup time: 4:10	3 <b>2.5 miles</b> Latest pick up 4:15	4 Rest	5 <b>2 miles</b> Latest pickup time: 4:10	6 Half Day, Last Day!	7 Optional run @ home
8	9 <b>1.5 miles</b> Optional at home	10 <b>1 miles</b> Optional at home	11 Rest	12 <b>1 mile</b> Optional at home	13	14 Race Day

