

HC Kids Running Club 2024

Training Schedule – Hemlock Creek Elementary

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

Pick-up times are approximate due to how long it takes your child to run each day.

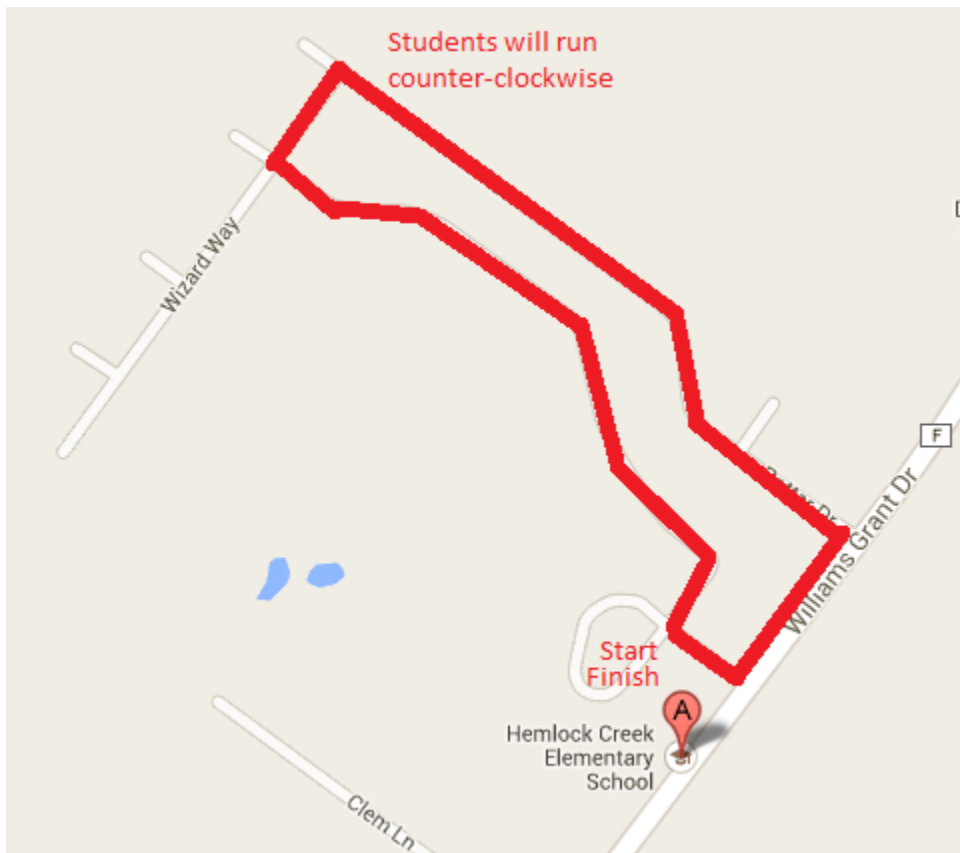
The optional runs are just that, optional, at home.

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 NO SCHOOL	2 Run ¾ mile Pick-up 4:00	3 Rest	4 Run ¾ mile Pick-up 4:00	5 Optional @ home ¾ mile run	6 Optional ½ mile @ home
7 Rest	8 Run 1 mile Pick-up 4:15	9 Run 1 mile Pick-up 4:15	10 Rest	11 Run 1½ miles Pick-up 4:15	12 Optional @ home 1 mile run	13 Optional ½ mile @ home
14 Rest	15 Run 1½ mile Pick-up 4:15	16 Run 2 miles Pick-up 4:15	17 Rest	18 Run 2 miles Pick-up 4:15	19 Optional @ home 1 mile run	20 Optional @ home 1 mile
221 Rest	22 Run 2½ miles Pick-up 4:15	23 Run 2½ miles Pick-up 4:15	24 Rest	25 Run 2 ½ miles Pick up 4:15	26 Rest	27 Optional @ home 1 ½ miles
28 Rest	29 Run 2½ miles Pick-up 4:15	30 Run 2½ miles Pick-up 4:15				

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Rest	2 Run 3 miles Pick-up 4:30	3 Early Release Optional run @ home	4 Optional run @ home
5 Rest	6 Run 3 miles Pick-up 4:30	7 Run 2 miles Pick-up 4:15	8 Rest	9 Run 3½ miles Pick-up 4:30	10 Rest	11 Optional run @ home
12 Rest	13 Run 2 ½ miles Pick-up 4:15	14 Run 3 miles Pick-up 4:30	15 Rest	16 Run 2 miles Pick-up 4:15	17 Rest	18 Rest
19 Race Day 8:15am 3.1 Miles						



This is approximately a 1 mile loop. The shorter and longer days will cut off Williams Grant and use the sidewalk to Potter through the parking lot.