



HMF FitKids

Training Chart

Child's Name:

Five-Week Training Schedule



DATE	WEEK	MILAGE WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	ADULT INITIALS
	One	2-5 Miles						
	Two	2-5 Miles						
	Three	2-5 Miles						
	Four	2-5 Miles						
	Five	2-5 Miles						
Race Day		Goal Race - THE FINAL RUN! Great Job!						



You have now completed your Goal Race!

