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Four-Week Training Schedule for Families

The 7th Annual Run4Hunt will be held February 25th. Registration information will be sent home next week! This run is for everyone... from grandparents to preschoolers, everyday runners to couch potatoes. Get up, get moving and get ready to Run4Hunt!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
January 30 – February 5	2-Minute Run 2-Minute Walk Repeat 5 times	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Family Time! Go to the Park.
February 6 - 12	5-Minute Run 4-Minute Walk Repeat 3 times	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Family Time! Go to the Pool.
February 13 - 19	7-Minute Run 3-Minute Walk Repeat 3 times	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Repeat Monday's Run/Walk	 Cross Train Play, Play, Play!	 Family Time! Go Fly a Kite.
February 20 - 26	30 Minute Run <i>Do your best not to walk this time!</i>	 Cross Train Play, Play , Play!	 Cross Train Play, Play, Play!	 Cross Train Play, Play, Play!	Your day off. Eat a healthy meal, watch an inspirational movie with your family, and get to bed early!	Run4Hunt!	Celebrate. You did it!!

R. B. Hunt does its best to provide a safe environment for your activities. You are responsible for making good choices. You are responsible for selecting the programs suited to your skills, abilities, and health. By electing to participate in the Run4Hunt, you assume all risk for any harm or injury you sustain. By your voluntary participation as a participant or spectator, you could be injured. Take responsibility. Do not take risks or do activities that may not be appropriate. Ask questions. If you have any questions about your health and how it might be affected by exercise or other activities, contact your doctor and obtain permission before participating. A complete physical is recommended before beginning any exercise program. Pay attention to your surroundings. Be aware of the presence of others while you participate. Do not engage in activities that could injure others.