**May 1 - 7, 2016 (WEEK 4 PRACTICE)**

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| **May 1 Sunday** | **Dear Parents,**  **For our June 4th event the 5k run, 3k walk, & 3k run for runners 13 yrs and younger including our M.O.T.O.R. Club group, I will be needing some volunteers to help spot at various locations on the course. I am hoping I can count on some of you. This way, you can still cheer for your child as they run by you. I will have a signup sheet soon.** |
| May 2 Monday | **Please remind them to drink water throughout the day.**  **Stay active to increase cardio, running, biking, swimming, dance.** |
| May 3 Tuesday | **Warm-up/stretch. Then do 2 7 minute runs, limiting their walking.**  **Do pick up drill for 7 minutes**  **Cool down and stretch** |
| May 4 Wednesday | **Drink your water.**  **Stay active, if raining get on tread mill if you have one or if not raining get out and run your yard or go to Glendale or River bend park.**  **(One Month before their 3k run, 1.8 miles)** |
| May 5 Thursday | **Warm-up stretch. Strength….Wall sit, 3 – 30 second duration, 3 – 30 second planks, and 3 bounding side jumping over a rope.**  **Hand grip drill…5 minute Pringle Run..**  **Cool down and stretch.** |
| May 6 Friday | **Drink water**  **Cross train, meaning do something other than run, but that will increase your heart rate and breathing.** |
| **May 7 Saturday** | **NOTE: Again, please consider helping @ our event June 4th, and please bring any relatives that you know would like to help as well.**  **May 14th , is the Randolph County Kids Run at Riverbend. I will be there if any would like to participate. But it is a 5krun.** |