



# MAY DAYS

## TRAINING PROGRAM



Who knew 3 weeks could go by so fast? You laced up your shoes, got out there, and took every stride with heart and sole. Continue to dedicate time to taking care of your well-being each day, whether that's a walking meeting, a quick home run trot, or 7th-inning stretch. We'll be cheering you on with every step you take, and each goal you accomplish. Happy race week!

<b>WEEK 1</b> May 11-17	<b>WEEK 2</b> May 18-24	<b>WEEK 3</b> May 25-31	<b>WEEK 4</b> June 1-7
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LITTLE SLUGGERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, June 1	<b>Homerun Trot</b>	20-25 min	Easy run around the block with parent/guardian. Try to run continuously without any pauses or breaks!
	Tuesday, June 2	<b>Home Run Derby</b>	30 min	Practice your swing, and if you get a hit, do a lap around the yard/park to earn a token (eg popsicle stick). See how many you can collect in 30 minutes!
	Wednesday, June 3	<b>7th Inning Stretch</b>	30 min	Downward dog with your furry friends at home.
	Thursday, June 4	<b>Homerun Trot</b>	30 min	Go for a nice easy run with your parent/guardian.
	Friday, June 5	<b>7th Inning Stretch</b>	30 min	Downward dog with your furry friends at home.
	Saturday, June 6	<b>Race Day</b>		Run, walk, skip, or jump to the "finish-line" and reward yourself with a nice cold glass of chocolate milk.
	Sunday, June 7	<b>Home Base</b>		Rest day at home.

BIG LEAGUERS	DAY	ACTIVITY	DURATION	DESCRIPTION
	Monday, June 1	<b>Homerun Trot</b>	1.5 miles	Run continuously for as long as possible. Take a 1-minute fast walk break as needed.
	Tuesday, June 2	<b>7th Inning Stretch</b>	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Wednesday, June 3	<b>Taking the Field</b>	1 mile	1 mile run followed by 4 "striders" (feel good sprints with your best form)
	Thursday, June 4	<b>7th Inning Stretch</b>	30 min	Take an easy day! Relax, stretch, do some yoga, or core exercises
	Friday, June 5	<b>Batting Practice</b>	20-30 min	Prepare for the big day! 20 minute easy run followed by 4 striders (feel good sprints with your best form. Finish with some stretching.
	Saturday, June 6	<b>RACE DAY</b>	3.1 miles (5k)	You've done all this hard work. Lace up your shoes and get ready to run like the wind!
	Sunday, June 7	<b>7th Inning Stretch</b>	30 min	Take an easy day! Relax, stretch, and recover.