

TRAINING GUIDE

Remember to WARM-UP and COOL-DOWN before and after each challenge.
Here's how you do it: www.hy-veekidsfit.com/blog/pinky-swear-training-guide/



	MON	TUES	WED	THURS	FRI	SAT	SUN
WEEK 1	4 ROUNDS: Run 30 Sec. Walk 2 Min. <input type="checkbox"/>	REST DAY	4 ROUNDS: Run 30 Sec. Walk 2 Min. <input type="checkbox"/>	REST DAY	Partner Power hy-veekidsfit.com/blog/partner-power/ <input type="checkbox"/>	15 Min. Walk/Jog <input type="checkbox"/>	REST DAY
WEEK 2	4 ROUNDS: Run 1 Min. Walk 2 Min. <input type="checkbox"/>	REST DAY	4 ROUNDS: Run 1 Min. Walk 2 Min. <input type="checkbox"/>	REST DAY	Tabata Together hy-veekidsfit.com/blog/tabata-together/ <input type="checkbox"/>	17 Min. Walk/Jog <input type="checkbox"/>	REST DAY
WEEK 3	5 ROUNDS: Run 1 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	5 ROUNDS: Run 1 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	Throwback Fitness hy-veekidsfit.com/blog/throw-back-fitness/ <input type="checkbox"/>	24 Min. Walk/Jog <input type="checkbox"/>	REST DAY
WEEK 4	4 ROUNDS: Run 2 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	4 ROUNDS: Run 2 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	Circuit Circus hy-veekidsfit.com/blog/circuit-circus/ <input type="checkbox"/>	26 Min. Walk/Jog <input type="checkbox"/>	REST DAY
WEEK 5	5 ROUNDS: Run 2 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	5 ROUNDS: Run 2 Min. Walk 1 Min. <input type="checkbox"/>	REST DAY	You Go, I go! hy-veekidsfit.com/blog/you-go-i-go/ <input type="checkbox"/>	RACE DAY! 5k (3.1 Miles) My Time: _____ <input type="checkbox"/>	REST DAY