

## WEEKLY AND DAILY SCHEDULE

*Below is a suggested schedule to use as a guide for running the Monumental Kids Movement program.*

### WEEK 1 -

- » **Day 1:** Warm Up / Game  
Pacer Test Pre-Survey  
Cool Down
- » **Day 2:** Warm Up / Game  
One Mile Test  
Cool Down

### WEEK 2 -

- » **Day 1:** Warm Up / Game  
10 X Run for 30 sec/Walk for 30 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
2 X Run for 2 min/Walk for 1 min  
Cool Down

### WEEK 3 -

- » **Day 1:** Warm Up / Game  
10 X Run for 45 sec/Walk for 45 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
5 X Run for 3 min/Walk for 1 min  
Cool Down

### WEEK 4 -

- » **Day 1:** Warm Up / Game  
12 X Run for 45 sec/Walk for 30 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
4 X Run for 5 min/ Walk for 90 sec  
Cool Down

### WEEK 5 -

- » **Day 1:** Warm Up / Game  
10 X Run for 1:00/Walk for 45 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
3 X Run for 6 min/Walk for 2 min  
Cool Down

### WEEK 6 -

- » **Day 1:** Warm Up / Game  
12 X Run for 1:00/Walk for 30 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
3 X Run for 7 min/Walk for 2 min  
Cool Down

### WEEK 7 -

- » **Day 1:** Warm Up / Game  
12 X Run for 1:30/Walk for 30 sec  
Cool Down
- » **Day 2:** Warm Up / Game  
2 X Run for 9 min/Walk for 2 min30 sec  
Cool Down

### FINAL WEEK TASKS -

- » Pacer Test / Post-Surveys
- » 1-mile Test
- » Testimonials