

Athlete Name _____ School ('20-'21) _____



Youth Summer Running Club

Weekly Challenges

<i>Week</i>	<i>Parent signature</i>
Week 1 (June 1-6):	_____
Week 2 (June 8-13):	_____
Week 3 (June 15-20):	_____
Week 4 (June 22-27):	_____
Week 5 (June 29-July 4):	_____
Week 6 (July 6-11):	_____
Week 7 (June 13-18):	_____
Week 8 (June 20-25):	_____
Week 9 (June 27-Aug 1):	_____
Week 10 (Aug 3-8):	_____