STUDENTS RUN WHITTIER

October 2025

Hello Families,

We are your City of Whittier Sports coaches and we're really excited for another year of Students Run Whittier! Below is our calendar for this month with our practice schedule and things to work on at home. We'll see you soon! – Coach Juan

WHITTIER COMMUNITY CENTER: 562-567-9430

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CITY OF WHITTIER Parks Recreation & Community Services	9/29	9/30 PRACTICE @Michigan 5:30-6:30pm Form Training 400m Sprints	10/1 REST DAY STRETCH!	2	3	4 PRACTICE @Michigan 10:00-11:00am Form Training Distance
5 REST DAY STRETCH!	6 TRAIN @HOME Jumping Jacks Jump Squats	7 PRACTICE @Michigan 5:30-6:30pm Form Training 400m Sprints	8 REST DAY STRECTH!	9 TRAIN @HOME Planks Sit Ups	10 TRAIN @HOME Push-Ups	11 PRACTICE @Michigan 10:00-11:00am Form Training Distance
12 REST DAY STRETCH!	13 TRAIN @HOME Jumping Jacks Jump Squats	14 PRACTICE @Michigan 5:30-6:30pm Form Training 400m Sprints	15 REST DAY STRETCH!	16 TRAIN @HOME Planks Sit Ups	17 TRAIN @HOME Push-Ups	18 PRACTICE @Michigan 10:00-11:00am Form Training Distance
19 REST DAY STRETCH!	20 TRAIN @HOME Jumping Jacks Jump Squats	21 PRACTICE @Michigan 5:30-6:30pm Form Training 400m Sprints	22 REST DAY STRETCH!	23 REST DAY STRETCH!	24 BRICKHOUSE PIZZA 11AM-10PM 10% OFF!	25 5k @WCC 8:00-10:00am Good Luck!
26	27	28 BANQUET @WCC 5:30-6:30pm	29	30	31 	11/1