

# STUDENTS RUN WHITTIER

May 2026

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!

**WHITTIER COMMUNITY CENTER: 562-567-9430**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	-	-	-	-	1	2
3	4	5 <b>PARENT MEETING</b> @Michigan 5:30-6:30pm  (No Running)	6 <b>REST DAY</b>  <b>STRETCH!</b>	7 <b>TRAIN @HOME</b>  Planks Sit Ups	8 <b>TRAIN @HOME</b>  Push-Ups	9
10 <b>REST DAY</b>  <b>STRETCH!</b>	11 <b>TRAIN @HOME</b>  Jumping Jacks Jump Squats	12 <b>PRACTICE @Michigan</b> 5:30-6:30pm  Form Training Sprints	13 <b>REST DAY</b>  <b>STRETCH!</b>	14 <b>TRAIN @HOME</b>  Planks Sit Ups	15 <b>TRAIN @HOME</b>  Push-Ups	16 <b>SPECIAL EVENT</b> @City Hall 9:00a-12:00p  Kiddie-K Run
17 <b>REST DAY</b>  <b>STRETCH!</b>	18 <b>TRAIN @HOME</b>  Jumping Jacks Jump Squats	19 <b>PRACTICE @Michigan</b> 5:30-6:30pm  Form Training Sprints	20 <b>REST DAY</b>  <b>STRETCH!</b>	21 <b>TRAIN @HOME</b>  Planks Sit Ups	22 <b>TRAIN @HOME</b>  Push-Ups	23 <b>PRACTICE @Michigan</b> 10:00-11:00am  Form Training Distance
24 <b>REST DAY</b>  <b>STRETCH!</b>	25 <b>TRAIN @HOME</b>  Jumping Jacks Jump Squats	26 <b>PRACTICE @Michigan</b> 5:30-6:30pm  Form Training Sprints	27 <b>REST DAY</b>  <b>STRETCH!</b>	28 <b>TRAIN @HOME</b>  Planks Sit Ups	29 <b>TRAIN @HOME</b>  Push-Ups	30 <b>PRACTICE @Michigan</b> 10:00-11:00am  Form Training Distance