

STUDENTS RUN WHITTIER

June 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 TRAIN @HOME Jumping Jacks Jump Squats	2 PRACTICE @Michigan 5:30-6:30pm Form Training Sprints	3 REST DAY STRETCH!	4 TRAIN @HOME Planks Sit Ups	5 TRAIN @HOME Planks Sit Ups	6 PRACTICE @Michigan 10:00-11:00am Form Training Distance
	7 REST DAY STRETCH!	8 TRAIN @HOME Jumping Jacks Jump Squats	9 PRACTICE @Michigan 5:30-6:30pm Form Training Sprints	10 REST DAY STRETCH!	11 TRAIN @HOME Planks Sit Ups	12 TRAIN @HOME Push-Ups
14 REST DAY STRETCH!	15 TRAIN @HOME Jumping Jacks Jump Squats	16 PRACTICE @Michigan 5:30-6:30pm Form Training Sprints	17 REST DAY STRETCH!	18 TRAIN @HOME Planks Sit Ups	19 TRAIN @HOME Push-Ups	20 PRACTICE @Michigan 10:00-11:00am Form Training Distance
21 REST DAY STRETCH!	22 TRAIN @HOME Jumping Jacks Jump Squats	23 PRACTICE @Michigan 5:30-6:30pm Form Training Sprints	24 REST DAY STRETCH!	25 TRAIN @HOME Planks Sit Ups	26 TRAIN @HOME Push-Ups	27 PRACTICE @Michigan 10:00-11:00am Form Training Distance
28 REST DAY STRETCH!	29 TRAIN @HOME Jumping Jacks Jump Squats	30 PRACTICE @Michigan 5:30-6:30pm Form Training Sprints	7/1 REST DAY STRETCH!	7/2 TRAIN @HOME Planks Sit Ups	7/3 TRAIN @HOME Push-Ups	7/4 NO PRACTICE