



Giving Tree Virtual Fun Run

Step 1 – Get Registered

- Print registration form and submit to St. Anthony’s Catholic School with \$30 entry fee
- Fun Run participation is open to ALL

Step 2 – Race & Report

- Complete a 5k (3.1 mile) run/walk any time between the day you sign up and December 17, 2020 and send us your time.
- Selfies of you and your family doing the Fun Run are welcome.
- All photos and participants will be recognized on our school and parish Facebook pages.

BONUS – Not only can you compete against others, but you can also compete against yourself. If you can beat your own time prior to December 17th, you can resubmit your results!

Step 3 – Results & Awards

- 5k results will be updated as we receive them on our Facebook page.
- If you don’t complete a 5k, that’s okay. We still want to see your pictures of you outside and moving.
- Medals will be available for pick up on December 17th. If you would like yours mailed, please check the box on the registration form and include an additional \$6.00 for mailing.

Name: _____

Address: _____

Phone Number: _____

_____ *Please mail my medal to me – I have included an extra \$6.00 in my entry fee*

For Office Use Only: Paid by Check Cash Credit Card

Mailed Medal

Beginner 5K Run/ Walk

Program Type: 5k, Beginner

Description: Mix of walking and running to go from complete beginner to 5k runner.

Program Length: 6 weeks

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Run 1 min, Walk 2 min; 8x	Rest	Run 1 min, Walk 1 min; 10x	Rest	Run 1 min, Walk 1 min; 10x	40-60 min walk	Rest
2	Run 2 min, Walk 1 min; 8x	Rest	Run 4 min, Walk 2 min; 4x	Rest	Run 4 min, Walk 2 min; 4x	40-60 min walk	Rest
3	Run 6 min, Walk 2 min; 3x	Rest	Run 6 min, Walk 2 min; 3x	Rest	Run 8 min, Walk 2 min; 3x	40-60 min walk	Rest
4	Run 10 min, Walk 2 min; 2x	Rest	Run 12 min, Walk 2 min; 2x	Rest	Run 12 min, Walk 2 min; 2x	50-60 min walk	Rest
5	Run 15 min, Walk 2 min; 2x	Rest	Run 10 min, Walk 2 min; 3x	Rest	Run 30 min	60 min walk	Rest
6	Run 30 min	Rest	Run 20 min	Rest	30 min walk	5k	