



# Velocity Kids Running Club

## DIGITAL TEAMS 2020

#THRIVE

### DIGITAL DISTANCE TEAM

- **Ages 11-15**
- Focused on endurance improvement
- Leaderboards
- Bi-Weekly challenges w/prizes (mailed)
- Workout Log
- 3x weekly emailed workouts, emailed bi-weekly

### DIGITAL SPEED TEAM

- **Ages 11-15**
- Focused on speed improvement
- Leaderboards
- Bi-Weekly challenges w/prizes (mailed)
- Workout Log
- 3x weekly emailed workouts, emailed bi-weekly

### DIGITAL RUNNING TEAM

- **Ages 7-12**
- Focused on general running fitness
- Leaderboards
- Bi-weekly challenges w/prizes (mailed)
- Workout Log
- 3x weekly workouts, emailed bi-weekly e-mailed bi-weekly

### DIGITAL FUN RUN TEAM

- **Ages 5-7**
- Focused on Fun and Movement
- Prizes (mailed)
- Workout Log
- 2x weekly running games e-mailed bi-weekly

LET'S NOT JUST SURVIVE, LET'S THRIVE!

All programs **\$10**, with proceeds going to Utah Food Bank.

#thrive #coronavirus #covid19 #Velocitystrong

Spring Registration (now late May start date) still open: [www.velocityrunningclub.org](http://www.velocityrunningclub.org)