

1-Mile Bike Ride

Recommended for kids 12 and under. This 1-mile bike training plan is recommended for children who would like to complete their bike challenge while their parents are completing their 1-mile walk challenge.

Active play is fantastic training for a 1-mile bike ride (among **MANY** other benefits). Playing sports, swimming, hiking, hop-scotch, dancing, yoga, tag, riding bikes, rollerblading, throwing a frisbee around for a while, playing with a dog or pet-- all these activities (and more!) get you up and moving, which is the most important thing. **Be sure to follow appropriate guidelines for social distancing while doing this!** Do try to get out and ride bikes at least once per week to allow adequate time for your body to adjust to spending time in your bike seat.

Unlike other plans, there will not be given distances for specialized training in this plan. Instead, there will be recommended time spent participating in physical activities. Be sure to listen to your body and rest when needed, eat well and get enough sleep!

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<u>1</u> Goal: 110 minutes activity at least!	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Bike ride! At least 10 minutes	Rest
<u>2</u> Goal: 110 minutes activity at least!	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Active Play! At least 20 Minutes	Bike ride! At least 10 minutes	Rest
<u>3</u> Goal: 140 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 20 Minutes	Active Play! At least 30 Minutes	Active Play! At least 20 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest
<u>4</u> Goal: 160 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest

<u>5</u> Goal: 140 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Rest	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 20 minutes	Rest
<u>6</u> Goal: 160 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest
<u>7</u> Goal: 150 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 20 Minutes	Active Play! At least 30 Minutes	Bike ride! At least 10 minutes	Rest
<u>8</u> Goal: 1-mile ride and 150 minutes activity at least!	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	Active Play! At least 30 Minutes	1-Mile Bike ride!	Rest