

YMCA of Southwestern Indiana

2011 Evansville Half Marathon Team 13 Training Schedule

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	Week 1			Week 2			Week 3		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 7/12/2011	Vectren, 6:00 pm 7/14/2011	YMCA, 7:00 am 7/16/2011	Wesselman's, 6:00 pm 7/19/2011	Vectren, 6:00 pm 7/21/2011	YMCA, 7:00 am 7/23/2011	Wesselman's, 6:00 pm 7/26/2011	YMCA, 6:00 pm 7/28/2011	YMCA, 7:00 am 7/30/2011
Run	3 miles	3 miles	3 miles	3 miles	3 miles	4 miles	3 miles	3 miles	5 miles
Run/Walk	3 miles	3 miles	3 miles	3 miles	3 miles	4 miles	3 miles	3 miles	5 miles
Walk	3 miles	3 miles	3 miles	3 miles	3 miles	4 miles	3 miles	3 miles	5 miles
	Week 4			Week 5			Week 6		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 8/2/2011	Vectren, 6:00 pm 8/4/2011	YMCA, 7:00 am 8/6/2011	Wesselman's, 6:00 pm 8/9/2011	Vectren, 6:00 pm 8/11/2011	ONB, 7:00 AM 8/13/2011	Wesselman's, 6:00 pm 8/16/2011	Vectren, 6:00 pm 8/18/2011	Central HS, 7:00 am 8/20/2011
Run	3 miles	3 miles	YMCA 5K - NO TRAINING	4 miles	4 miles	6 miles	4 miles	4 miles	7 miles
Run/Walk	3 miles	3 miles		4 miles	4 miles	6 miles	4 miles	4 miles	7 miles
Walk	3 miles	3 miles		4 miles	4 miles	6 miles	4 miles	4 miles	7 miles
	Week 7			Week 8			Week 9		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 8/23/2011	YMCA, 6:00 pm 8/25/2011	Vectren, 7:00 am 8/27/2011	Wesselman's, 6:00 pm 8/30/2011	Vectren, 6:00 pm 9/1/2011	Mesker Amp, 7:00am 9/3/2011	Wesselman's, 6:00 pm 9/6/2011	Vectren, 6:00 pm 9/8/2011	YMCA, 7:00 am 9/10/2011
Run	4 miles	4 miles	8 miles	4 miles	4 miles	9 miles	5 miles	5 miles	YMCA 10K - NO TRAINING
Run/Walk	4 miles	4 miles	8 miles	4 miles	4 miles	9 miles	5 miles	5 miles	
Walk	4 miles	4 miles	8 miles	4 miles	4 miles	9 miles	5 miles	5 miles	
	Week 10			Week 11			Week 12		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 9/13/2011	Vectren, 6:00 pm 9/15/2011	Wesselman's, 7:00 am 9/17/2011	Wesselman's, 6:00 pm 9/20/2011	Vectren, 6:00 pm 9/22/2011	Wesselman's, 7:00 am 9/24/2011	Wesselman's, 6:00 pm 9/27/2011	Vectren, 6:00 pm 9/29/2011	YMCA, 7:00 am 10/1/2011
Run	5 miles	5 miles	10 miles	5 miles	5 miles	11 miles	5 miles	5 miles	8 miles
Run/Walk	5 miles	5 miles	10 miles	5 miles	5 miles	11 miles	5 miles	5 miles	8 miles
Walk	5 miles	5 miles	10 miles	5 miles	5 miles	11 miles	5 miles	5 miles	8 miles
	Week 13								
	Tuesday	Thursday	Sunday						
	Wesselman's, 6:00 pm 10/4/2011	Vectren, 6:00 pm 10/6/2011	Reitz HS, 7:00 am 10/9/2011						
Run	3 miles	3 miles	Evansville Half Marathon						
Run/Walk	3 miles	3 miles							
Walk	3 miles	3 miles							

Note: Locations are subject to change pending community events which could limit parking or compromise safety; see weekly emails for schedule changes.
Team 13 training fees do not include the YMCA 5K, 10K or the Half Marathon entry fees.