

YMCA of Southwestern Indiana 2009 Evansville Half Marathon Team 13 Training Schedule

Published: 07/10/09

	Week 1			Week 2			Week 3		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 7/14/2009	Vectren, 6:00 pm 7/16/2009	Wesselman's, 7:00 am 7/18/2009	Wesselman's, 6:00 pm 7/21/2009	Vectren, 6:00 pm 7/23/2009	YMCA, 7:00 am 7/25/2009	Wesselman's, 6:00 pm 7/28/2009	Vectren, 6:00 pm 7/30/2009	Garvin, 7:00 am 8/1/2009
Run	3 miles	3 miles	3 miles	3 miles	3 miles	4 miles	3 miles	3 miles	5 miles
Run/Walk	3 miles [5 / 5 split]	3 miles [5 / 5 split]	3 miles [5 / 5 split]	3 miles [6 / 4 split]	3 miles [6 / 4 split]	4 miles [6 / 4 split]	3 miles [6 / 4 split]	3 miles [6 / 4 split]	5 miles [6 / 4 split]
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 8/4/2009	Vectren, 6:00 pm 8/6/2009	YMCA, 7:00 8/8/2009	Wesselman's, 6:00 pm 8/11/2009	Vectren, 6:00 pm 8/13/2009	ONB, 7:00 AM 8/15/2009	Wesselman's, 6:00 pm 8/18/2009	Vectren, 6:00 pm 8/20/2009	Howell Park, 7:00 am 8/22/2009
Run	4 miles	4 miles	YMCA 5K - Downtown location	4 miles	4 miles	6 miles	4 miles	4 miles	7 miles
Run/Walk	4 miles [7 / 3 split]	4 miles [7 / 3 split]		4 miles [7 / 3 split]	4 miles [7 / 3 split]	6 miles [7 / 3 split]	4 miles [7 / 3 split]	4 miles [7 / 3 split]	7 miles [7 / 3 split]
Walk	4 miles	4 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 8/25/2009	Vectren, 6:00 pm 8/27/2009	Vectren, 7:00 am 8/29/2009	Wesselman's, 6:00 pm 9/1/2009	Vectren, 6:00 pm 9/3/2009	Mesker Amp, 7:00am 9/5/2009	Wesselman's, 6:00 pm 9/8/2009	Vectren, 6:00 pm 9/10/2009	YMCA, 7:00 am 9/12/2009
Run	5 miles	5 miles	8 miles	5 miles	5 miles	9 miles	5 miles	5 miles	YMCA 10K - Downtown location
Run/Walk	4 miles [8 / 2 split]	4 miles [8 / 2 split]	8 miles [7 / 3 split]	4 miles [8 / 2 split]	4 miles [8 / 2 split]	9 miles [8 / 2 split]	4 miles [8 / 2 split]	4 miles [8 / 2 split]	
Walk	4 miles	4 miles	8 miles	4 miles	4 miles	9 miles	4 miles	4 miles	
	Week 10			Week 11			Week 12		
	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday	Tuesday	Thursday	Saturday
	Wesselman's, 6:00 pm 9/15/2009	Vectren, 6:00 pm 9/17/2009	Wesselman's, 7:00 am 9/19/2009	Wesselman's, 6:00 pm 9/22/2009	Vectren, 6:00 pm 9/24/2009	Howell Park, 7:00 am 9/26/2009	Wesselman's, 6:00 pm 9/29/2009	Vectren, 6:00 pm 10/1/2009	Central High School, 7:00 am 10/3/2009
Run	5 miles	5 miles	10 miles	5 miles	5 miles	11 miles	5 miles	5 miles	8 miles
Run/Walk	5 miles [9 / 1 split]	5 miles [9 / 1 split]	10 miles [8 / 2 split]	5 miles [9 / 1 split]	5 miles [9 / 1 split]	11 miles [9 / 1 split]	5 miles [9 / 1 split]	5 miles [9 / 1 split]	8 miles [9 / 1 split]
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 10/6/2009	Vectren, 6:00 pm 10/8/2009	Reitz HS, 7:00 am 10/11/2009						
Run	3 miles	3 miles	YMCA Half marathon						
Run/Walk	3 miles [9 / 1 split]	3 miles [9 / 1 split]							
Walk	3 miles	3 miles							

Our Mission:

The YMCA of Southwestern IN, Inc., following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through programs that promote healthy spirit, mind, and body.

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Site locations:

Wesselman's Park - park near the rear north-east corner of the Robert's Stadium parking area, utilize path behind golf course to access Wesselman's
Vectren - downtown headquarters at the corner of Court Street/Riverside Drive
YMCA - downtown branch at the corner of Court Street/Martin-Luther King Blvd
Garvin Park - located off Heidelbach Avenue with south cross street Morgan Avenue
ONB - downtown headquarters at corner of Main St/Riverside Drive
Howell Park - located south on Barker Avenue just before Broadway/train yard

Mesker Amphitheatre - located on Mesker Park Drive next to Amazonia/Zoo and Helfrich Golf Course
Central High School - located at 5400 First Avenue

Note: Locations are subject to change pending community events which could limit parking or impact safety. See weekly Team 13 newsletter provided to registered participants for schedule changes.

FAQ: What pace am I expected to keep?

Runners	Volunteers will be running with Team 13 members covering the minute per mile pace range of 12 minutes all the way down to a sub-8 minute pace.
Walkers	Volunteers will be walking with Team 13 members covering the minute per mile pace range of 20 minutes all the way down to a sub-15 minute pace for the first six weeks. We will be working towards a target of a maximum of an 18 minute per mile pace by week 9.
Run/Walkers	Volunteers will be leading 3 sub-groups within the Run/Walk training division. Volunteers will establish the ratio of minutes running to walking for each of the three sub-groups based on the Team 13 member turn out the first week of training. For example, Run/Walk Sub-Group "A" might use a ratio of 7 minutes of running to 3 minutes of walking and represent individuals who have continued their training year-round. And within Run/Walk Group A, volunteers will be supporting Team 13 members of different running speeds. Run/Walk Sub-Group "C" will start out with a 5 and 5 combination as is listed on the schedule above. This Sub-Group will be for those brand new to running. Run/Walk Sub-Group B will be somewhere in the middle. This will enable us to support a wider variety of fitness levels right from the beginning of training. Volunteers will help you find the right sub-group for you.

FAQ: What about maximum distances for Team 13 for Training and Team 13 for Life members?

Team 13 for Life members, those who are seeking to improve their overall fitness level but do not wish to train the extended distances that are recommend to prepare for the YMCA's half marathon event in October, will see their mileage cap at approximately 7 miles. The Saturday routes will be modified towards the middle/end to limit the overall route mileage. Team 13 for Training members will train the distance indicated on the above schedule. All Team 13 members will train the same distances on week nights.

FAQ: In what instances would training be cancelled and how will I know?

We rely on the National Weather Service **only** and suspend training for the evening if they have issued a 'Heat Advisory' for Vanderburgh County that runs past 6:00 pm. This announcement comes very early in the day on their website (<http://www.crh.noaa.gov/hazards/?wfo=pah&maptype=cwa&map.x=288&map.y=94>). Training would also be suspended in the event of rain accompanied by lightning at the start of training.**PLEASE, PLEASE DO NOT CALL THE YMCA**, Team 13 members are responsible to confirm the NWS advisories themselves.

FAQ: What am I responsible to bring to training?

Please bring your own water for training. We cannot stress the importance of hydration and proper nutrition during your training. If you do not have a water bottle/belt, we encourage you to purchase one at a local sporting goods store or you can purchase one from the YMCA for \$5 prior to Sat. morning training. Only exact change or a check made out to the YMCA will be accepted. We will be providing limited water and Gatorade on the route on Saturdays once we get to 5 miles; however, it is always your responsibility to wear your belt/carry water so that you can have a drink available anytime you need it. On Saturdays, our water stations will be located approximately every three miles and will be available for 'single serving' drinks. Water stations ARE NOT provided for participants to initially fill nor refill water bottles from. And it is not guaranteed given the significant size of group that there will be water available once you get to a water stop; you should, at all times, be prepared to support your own needs on the route.

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