



Team 13 sponsored by Vectren - 2016 Training Schedule

Week 1		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/5/2016	Vectren, 6:00 pm 7/7/2016	YMCA, 7:00 am 7/9/2016 *Active Chiro
3 miles	3 miles	3 miles

Week 2		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/12/2016	Vectren, 6:00 pm 7/14/2016 *Active Chiro	YMCA, 7:00 am 7/16/2016
3 miles	3 miles	4 miles

Week 3		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/19/2016 *Active Chiro	Vectren 6:00 pm 7/21/2016 **Ultimate Fit Brooks Demo 3 miles	Ult Fit, 7:00 am 7/23/2016
3 miles	3 miles	5 miles

Week 4		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/26/2016	Vectren, 6:00 pm 7/28/2016	Central, 7:00 am 7/30/2016
3 miles	3 miles	6 miles

Week 5		
Tuesday	Thursday	Saturday
Vectren, 6:00 pm 8/2/2016 PRO REHAB National Night Out	Vectren, 6:00 pm 8/4/2016	YMCA, 7:00 am 8/6/2016
4 miles	4 miles	YMCA 5K/10K - NO TRAINING

Week 6		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/9/2016 *Active Chiro	Vectren, 6:00 pm 8/11/2016	Garvin, 7:00 am 8/13/2016 *Active Chiro
4 miles	4 miles	7 miles

Week 7		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/16/2016	Vectren, 6:00 pm 8/18/2016	Ult Fit, 7:00 am 8/20/2016 *Active Chiro
4 miles	4 miles	8 miles

Week 8		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/23/2016	Vectren, 6:00 pm 8/25/2016	Mesker Amp., 7:00am 8/27/2016
4 miles	4 miles	9 miles

Week 9		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/30/2016 PRO REHAB	Vectren, 6:00 pm 9/1/2016	YMCA, 7:00 am 9/3/2016
4 miles	4 miles	YMCA 15K - NO TRAINING

Week 10		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/6/2016	Vectren, 6:00 pm 9/8/2016	Wess., 7:00 am 9/10/2016 *Active Chiro
5 miles	5 miles	10 miles

Week 11		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/13/2016	Vectren, 6:00 pm 9/15/2016	YMCA, 7:00 am 9/17/2016
5 miles	5 miles	11 miles

Week 12		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/20/2016 PRO REHAB	Vectren, 6:00 pm 9/22/2016	Vectren, 7:00 am 9/24/2016
5 miles	5 miles	8 miles

Week 13		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/27/2016	Vectren, 6:00 pm 9/29/2016	Ohio Riverfront 10/1/2016
3 miles	3 miles	Evansville Half Marathon 7:00am

Note: Locations are subject to change due to community events which could limit parking or compromise safety; see weekly emails for schedule changes. Team 13 entry fees do not include YMCA races. For more information go to <http://www.evansvillehalfmarathon.org>

Location Key:
 Wess. = Wesselman's Park on Boeke north of the Lloyd
 Vectren = Headquarters at Riverside and Court
 Central = Central High School; North 1st Avenue
 Mesker Amp. = Mesker Amphitheatre; Mesker Park Drive at Wimberg