



Team 13 sponsored by Vectren - 2017 Training Schedule

Week 1		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/18/2017	Vectren, 6:00 pm 7/20/2017	YMCA, 7:00 am 7/22/2017
3 miles	3 miles	3ish miles

Week 2		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 7/25/2017	Vectren, 6:00 pm 7/27/2017	Ultimate Fit, 7am 7/29/2017
3 miles	3 miles	4ish miles

Week 3		
Tuesday	Thursday	Saturday
Vectren, 6:00 pm 8/1/2017	Vectren 6:00 pm 8/3/2017	YMCA 7:00 am 8/5/2017
PRO REHAB 3 miles		YMCA 5K/10K - NO TRAINING
Nat'l Night Out		

Week 4		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/8/2017	Vectren, 6:00 pm 8/10/2017	Central, 7:00 am 8/12/2017
3 miles	3 miles	6 miles

Week 5		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/15/2017	Vectren, 6:00 pm 8/17/2017	Garvin, 7:00 am 8/19/2017
4 miles	4 miles	7 miles

Week 6		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/22/2017	Vectren, 6:00 pm 8/24/2017	Ultimate Fit, 7am 8/26/2017
4 miles	4 miles	8 miles

Week 7		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 8/29/2017	Vectren, 6:00 pm 8/31/2017	Mesker, 7am 9/2/2017
4 miles	4 miles	9 miles

Week 8		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/5/2017	Vectren, 6:00 pm 9/7/2017	YMCA, 7:00 am 9/9/2017
PRO REHAB 4 miles		YMCA 15K - NO TRAINING

Week 9		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/12/2017	Vectren, 6:00 pm 9/14/2017	Wess. 7am 9/16/2017
5 miles	5 miles	10 Miles

Week 10		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/19/2017	Vectren, 6:00 pm 9/21/2017	YMCA, 7:00 am 9/23/2017
5 miles	5 miles	9 miles

Week 11		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 9/26/2017	Vectren, 6:00 pm 9/28/2017	Wess., 7:00 am 9/30/2017
4 miles	4 miles	11 miles

Week 12		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 10/3/2017	Vectren, 6:00 pm 10/5/2017	Vectren, 7:00 am 10/7/2017
PRO REHAB 4 miles		8 miles

Week 13		
Tuesday	Thursday	Saturday
Wess., 6:00 pm 10/10/2017	Vectren, 6:00 pm 10/12/2017	Ohio Riverfront 10/14/2017
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

****PRO REHAB**** = Pro Rehab will be on hand for injury checks
Active = Someone from Active Chiropractic will be on site

Our Mission: The YMCA of Southwestern Indiana, Inc. following the example of Jesus Christ, responds to community needs by serving all people, especially youth, through relationships and activities that promote healthy spirit, mind and body.