



2018 Jump Start Training Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY 27 Welcome to Jump Start	28	29 6PM 1 Mile walk/run	30	31 6PM 1.25 mile walk/run	JUNE 1	2 7AM 1.50 mile run/walk
3 Challenge 1 Hydrate	4	5 6PM 1.5 mile walk/run	6	7 6PM 1.75 mile	8	9 7AM 1.75 mile walk/run
10 Challenge 2 Track It All	11	12 6PM 2 mile walk/run	13	14 6PM 1.75 mile walk/run	15	16 7AM 2 mile walk/run
17 Challenge 3 Eat & Sleep	18	19 6PM 2.25 mile walk/run	20	21 6PM 2.25 mile walk/run	22	23 7AM 2.50 mile walk/run
24 Challenge 4 Self Care	25	26 6PM 2.5 mile walk/run	27	28 6PM 2.75 mile walk/run	29	30 7AM No Training: YMCA Storybook 5K!!
JULY 1 Challenge 5 Reach Out	2	3 6PM 2.75 mile Walk/run	4	5 6PM 2.75 mile Walk/run	6	7 7AM 3 mile walk/run TEAM 13 Open House
8 Challenge 6 Building Blocks for life	9	10 6PM 3 mile Walk/run	11	12 2.75 mile walk/run	13	14 7AM 3 mile walk/run

****All Jump Start training sessions will begin at the Downtown YMCA. We will gather on the Courthouse steps on 5th Street behind the YMCA. Please plan to arrive 10 minutes early for pre-training announcements!****