



Team 13 sponsored by Vectren - 2018 Training Schedule

Week 1		
Tuesday Wess., 6:00 pm 7/17/2018	Thursday Vectren, 6:00 pm 7/19/2018	Saturday YMCA, 7:00 am 7/21/2018
3 miles	3 miles	3ish miles

Week 2		
Tuesday Wess., 6:00 pm 7/24/2018 *Active Chiro*	Thursday Vectren, 6:00 pm 7/26/2018	Saturday YMCA, 7:00 am 7/28/2018
3 miles	3 miles	4ish miles

Week 3		
Tuesday Wess., 6:00 pm 7/31/2018 *PRO REHAB*	Thursday Vectren 6:00 pm 8/2/2018	Saturday Downtown YMCA 8/4/2018
3 miles	3 miles	YMCA 5K/10K NO TRAINING

Week 4		
Tuesday **Vectren 6:00 pm 8/7/2018	Thursday Vectren, 6:00 pm 8/9/2018	Saturday Central, 7:00 am 8/11/2018
National Night Out 3 miles	3 miles	6 miles

Week 5		
Tuesday Wess., 6:00 pm 8/14/2018	Thursday Vectren, 6:00 pm 8/16/2018	Saturday Ult. Fit 7:00 am 8/18/2018
4 miles	4 miles	7 miles

Week 6		
Tuesday Wess., 6:00 pm 8/21/2018	Thursday Vectren, 6:00 pm 8/23/2018	Saturday Vectren, 7:00 am 8/25/2018
4 miles	4 miles	8 miles

Week 7		
Tuesday Wess., 6:00 pm 8/28/2018	Thursday Vectren, 6:00 pm 8/30/2018	Saturday Mesker 7:00 am 9/1/2018
4 miles	4 miles	9 miles

Week 8		
Tuesday Wess., 5:30 pm 9/4/2018 *PRO REHAB*	Thursday Vectren, 5:30 pm 9/6/2018	Saturday 7:00am 9/8/2018
4 miles	4 miles	YMCA 15K - NO TRAINING

Week 9		
Tuesday Wess., 5:30 pm 9/11/2018 PRO REHAB	Thursday Vectren, 5:30 pm 9/13/2018	Saturday Wess., 7:00 am 9/15/2018
5 miles	5 miles	10 miles COOKIE DAY!

Week 10		
Tuesday Wess., 5:30 pm 9/18/2018	Thursday Vectren, 5:30 pm 9/20/2018	Saturday TBD, 7:00 am 9/22/2018
5 miles	5 miles	9 miles

Week 11		
Tuesday Wess., 5:30 pm 9/25/2018	Thursday Vectren, 5:30 pm 9/27/2018	Saturday Wess., 7:00 am 9/29/2018
5 miles	5 miles	11 miles

Week 12		
Tuesday Wess., 5:30 pm 10/2/2018	Thursday Vectren, 5:30 pm 10/4/2018	Saturday Garvin, 7:00 am 10/6/2018
4 miles	4 miles	KIDS RUN 9:00 am 8 miles

Week 13		
Tuesday Wess., 5:30 pm 10/9/2018	Thursday Vectren, 5:30 pm 10/11/2018	Saturday Ohio Riverfront 10/13/2018
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
 Central = Central High School; North 1st Avenue
 Mesker = Mesker Ampitheatre; Mesker Park Drive at Wimberg
 Ult Fit=Ultimate Fit on South Green River Rd
 Vectren = Headquarters at Riverside and Court

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.