



2019 Jump Start Training

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MAY Welcome to Jump Start!!!	20	21 6PM 1 Mile walk/run	22	23 6PM 1.25 mile walk/run	24	25 7AM 1.50 mile walk/run
26 Challenge 1 Hydrate	27	28 6PM 1.5 mile walk/run	29	30 6PM 1.75 mile walk/run	31	JUNE 1 7AM 1.75 mile walk/run
2 Challenge 2 Stretching	3	4 6PM 2 mile walk/run	5	6 6PM 1.75 mile walk/run	7	8 7AM 2 mile walk/run
9 Challenge 3 Track It All	10	11 6PM 2.25 mile walk/run	12	13 6PM 2.25 mile walk/run	14	15 7AM 2.5 mile walk/run
16 Challenge 4 Sleep	17	18 NO TRAINING 2.25 mile On own OR join us at Character 5k	19 CHARACTER 5K at ShrinersFest 6:00pm	20 6PM 2.75 mile walk/run	21	22 7AM 2.75 mile walk/run
23 Challenge 5 Self-Care	24	25 6PM 2.75 mile walk/run	26	27 6PM 2.75 mile walk/run	28	29 7AM 3 mile YMCA TRI/DU
30 Challenge 6 Reach Out	JULY 1	2 6PM 3 mile walk/run	3	4 NO TRAINING	5	6 7AM 3 mile TEAM 13 Open House

****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!****



2019 Jump Start Training

What to expect:

- Training 3 days a week – Tuesday, Thursday & Saturday
- You will be supported by YMCA Staff & volunteers at every training session
- Lifestyle change tips throughout the program

Where do we meet?

- Meet us on the courthouse steps on 5th Street, behind the YMCA

What to wear?

- Good shoes are the most important
- Wear comfortable clothes & dress for the weather
- Hats or headbands are nice when it gets hot

Rules of the Road:

- Stay to the left to face oncoming traffic
- Stay 2 people wide max
- Stop at all intersections
- IF YOU MUST wear earbuds, only one & in the left ear
- BE SAFE!

When do we cancel?

- If there is lightning within 8 miles at start of training
- If there is a Heat Advisory or Excessive Heat Warning issued by the NWS that extends into our training time

How will you know if there are changes?

- Team 13 Facebook Page
- Text Alerts
 - o Text 81010 with the code: @E28776
- If we know early enough, we will send an email to the address you provided

We recommend you:

- Talk to others, you will be more successful if you feel connected to the group
- Ask questions always
- Purchase a good pair of shoes
- Keep coming – if you must miss, try to make up the mileage on your own
- Carry water
- Carry a phone for emergencies

Staff Contact Information:

- Meghan Craven: craven@ymcaswin.org

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.