



Team 13 sponsored by Vectren - 2019 Training Schedule

Week 1		
Tuesday Wess., 6 pm 7/9/2019	Thursday Vectren, 6 pm 7/11/2019 *ACTIVE CHIRO*	Saturday YMCA, 7 am 7/13/2019
3 miles	3 miles	3ish miles

Week 2		
Tuesday Wess., 6 pm 7/16/2019	Thursday Vectren, 6 pm 7/18/2019	Saturday Central, 7 am 7/20/2019
3 miles	3 miles	4ish miles

Week 3		
Tuesday Wess., 6 pm 7/23/2019 *PRO REHAB*	Thursday Vectren 6 pm 7/25/2019	Saturday USI, 7 am 7/27/2019
3 miles	3 miles	5 miles

Week 4		
Tuesday Wess., 6 pm 7/30/2019	Thursday Vectren, 6 pm 8/1/2019	Saturday YMCA 7 am 8/3/2019
3 miles	3 miles	NO TRAINING YMCA 5K/10K

Week 5		
Tuesday *Lamasco, 6 pm 8/6/2019	Thursday Vectren, 6 pm 8/8/2019	Saturday Vectren, 7 am 8/10/2019 *ACTIVE CHIRO*
National Night Out 4 miles	3 miles	7 miles

Week 6		
Tuesday Wess., 6 pm 8/13/2019	Thursday Vectren, 6 pm 8/15/2019	Saturday Ult. Fit 7 am 8/17/2019
4 miles	3 miles	8 miles

Week 7		
Tuesday Wess., 6:00 pm 8/20/2019	Thursday Vectren, 6:00 pm 8/22/2019	Saturday Mesker, 7 am 8/24/2019 *ACTIVE CHIRO*
4 miles	4 miles	9 miles

Week 8		
Tuesday Wess., 6 pm 8/27/2019 *PRO REHAB*	Thursday Vectren, 6 pm 8/29/2019	Saturday YMCA, 7am 8/31/2019
4 miles	4 miles	8 miles

Week 9		
Tuesday Wess., 6 pm 9/3/2019	Thursday Vectren, 6 pm 9/5/2019	Saturday YMCA 7 am 9/7/2019
5 miles	5 miles	NO TRAINING YMCA 15K

Week 10		
Tuesday Wess., 6 pm 9/10/2019	Thursday Vectren, 6 pm 9/12/2019	Saturday Wess., 7:00 am 9/14/2019
5 miles	5 miles	10 miles COOKIE DAY!

Week 11		
Tuesday Wess., 6 pm 9/17/2019	Thursday Vectren, 6 pm 9/19/2019	Saturday Wess., 7 am 9/21/2019
4 miles	4 miles	11 miles

Week 12		
Tuesday Wess., 6 pm 9/24/2019 *PRO REHAB*	Thursday Vectren, 6 pm 9/26/2019	Saturday Garvin, 7 am 9/28/2019
4 miles	4 miles	KIDS RUN 8:30 am 8 miles

Week 13		
Tuesday Wess., 6 pm 10/1/2019	Thursday Vectren, 6 pm 10/3/2019	Saturday Ohio Riverfront 10/5/2019 7:00 AM
3 miles	3 miles	Evansville Half Marathon/8K

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 Pk Dr at Wimberg
 Ult Fit=Ultimate Fit on South Green River Rd
 Vectren = Headquarters at Riverside and Court
 Lamasco = Lamasco Skate Park

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2019 Team 13 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?

- Team 13 mixes up the training locations – refer to your schedule for daily location

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: @2019team13
- 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

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