

# WOMEN4WOMEN ADVANCED TRAINING PLAN

| WEEKS TO RACE | DATE | FUNDRAISING TIP                         | MONDAY GRATITUDE: THANK GOD | TUESDAY PETITION: ASK GOD | WEDNESDAY MEDITATION: OPEN MY EYES TO SEE THE WORLD AS YOU SEE IT | THURSDAY MEDITATION: BREAK MY HEART WITH WHAT BREAKS YOURS | FRIDAY MEDITATION: EMPTY ME OF ALL BUT LOVE | SATURDAY CALL A FRIEND, SHARE YOUR STORY     | SUNDAY SABBATH: TRUST GOD | PHASE             |
|---------------|------|---|-----------------------------|---------------------------|---|--|---|--|---------------------------|-------------------|
| 16            |      | PRAY + MAKE A LIST                      | 3 MILES                     | 4 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | 6 MILES                                      | CROSS TRAIN               | BASE TRAINING     |
| 15            |      | WRITE YOUR STORY                        | 5K TEST RUN                 | 4 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | 8 MILES                                      | CROSS TRAIN               |                   |
| 14            |      | SEND AN EMAIL                           | 3 MILES                     | 5 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | 10 MILES                                     | CROSS TRAIN               |                   |
| 13            |      | TAKE A SELFIE VIDEO                     | 3 MILES                     | 5 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | DOUBLE DAY:<br>6K TEST (AM)   6K (PM)        | CROSS TRAIN               |                   |
| 12            |      | MAKE FACE-TO-FACE ASKS                  | 3 MILES                     | 6 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | 12 MILES                                     | CROSS TRAIN               |                   |
| 11            |      | GET CREATIVE                            | 6K TEST RUN                 | 6 MILES                   | STRENGTH + CORE   | 4 MILES  | REST DAY                                    | 13 MILES                                     | CROSS TRAIN               | DISTANCE BUILDING |
| 10            |      | CONNECT WITH YOUR TEAM                  | 3 MILES                     | 7 MILES                   | STRENGTH + CORE   | 4 MILES  | REST DAY                                    | 10 MILES                                     | CROSS TRAIN               |                   |
| 9             |      | TAKE THE "NO" CHALLENGE                 | 3 MILES                     | 7 MILES                   | STRENGTH + CORE   | 4 MILES  | REST DAY                                    | 15 MILES                                     | CROSS TRAIN               |                   |
| 8             |      | PRAY + FOLLOW UP                        | 4 MILES                     | 8 MILES                   | STRENGTH + CORE   | 4 MILES  | REST DAY                                    | DOUBLE DAY:<br>8 MILES (AM)   8 MILES (PM)   | CROSS TRAIN               |                   |
| 7             |      | SEND 2 SELFIE VIDEO TEXTS               | 6K TEST RUN                 | 8 MILES                   | STRENGTH + CORE   | 5 MILES  | REST DAY                                    | 12 MILES                                     | CROSS TRAIN               |                   |
| 6             |      | SOCIAL MEDIA CAMPAIGN                   | 5 MILES                     | 7 MILES                   | STRENGTH + CORE   | 5 MILES  | REST DAY                                    | DOUBLE DAY:<br>10 MILES (AM)   10 MILES (PM) | CROSS TRAIN               |                   |
| 5             |      | THANK + UPDATE YOUR DONORS              | 5 MILES                     | 9 MILES                   | STRENGTH + CORE   | 5 MILES  | REST DAY                                    | 14 MILES                                     | CROSS TRAIN               |                   |
| 4             |      | SEND AN UPDATE TO YOUR "NOT YET" DONORS | 5 MILES                     | 6 MILES                   | STRENGTH + CORE   | 5 MILES  | REST DAY                                    | DOUBLE DAY:<br>11 MILES (AM)   11 MILES (PM) | CROSS TRAIN               |                   |
| 3             |      | MAKE FACE-TO-FACE ASKS                  | 5 MILES                     | 8 MILES                   | STRENGTH + CORE   | 4 MILES  | REST DAY                                    | 12 MILES                                     | CROSS TRAIN               | THE TAPER         |
| 2             |      | SOCIAL MEDIA CAMPAIGN                   | 6K TEST RUN                 | 6 MILES                   | STRENGTH + CORE   | 3 MILES  | REST DAY                                    | 10 MILES                                     | CROSS TRAIN               |                   |
| 1             |      | PULL OUT ALL THE STOPS                  | 3 MILES                     | 4 MILES                   | STRENGTH + CORE   | SHAKE OUT  | RACE DAY                                    |  | REST DAY                  |                   |