

# WOMEN4WOMEN INTERMEDIATE 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	2 MILES RUN 4, WALK 1	2 MILE WALK	STRENGTH + CORE	2 MILES RUN 4, WALK 1	REST DAY	4 MILES	CROSS TRAIN	BASE TRAINING Focus on moving, not on speed.
15		WRITE YOUR STORY	2.5 MILES RUN 4, WALK 1	2.5 MILES RUN 4, WALK 1	STRENGTH + CORE	3 MILES RUN 4, WALK 1	REST DAY	3 MILES	CROSS TRAIN	
14		SEND AN EMAIL	3 MILES RUN 5, WALK 1	2 MILES RUN 5, WALK 1	STRENGTH + CORE	3 MILES RUN 5, WALK 1	REST DAY	4 MILES	CROSS TRAIN	
13		TAKE A SELFIE VIDEO	3 MILES RUN 5, WALK 1	2 MILES RUN 5, WALK 1	STRENGTH + CORE	3 MILES RUN 5, WALK 1	REST DAY	6K TEST RUN	CROSS TRAIN	
12		MAKE FACE-TO-FACE ASKS	3 MILES	2 MILES	STRENGTH + CORE	3 MILES	REST DAY	4 MILES	CROSS TRAIN	DISTANCE BUILDING
11		GET CREATIVE	3 MILES	2 MILES	STRENGTH + CORE	3 MILES	REST DAY	5 MILES	CROSS TRAIN	
10		CONNECT WITH YOUR TEAM	3.5 MILES	2 MILES	STRENGTH + CORE	3.5 MILES	REST DAY	5 MILES	CROSS TRAIN	
9		TAKE THE "NO" CHALLENGE	3.5 MILES	2 MILES	STRENGTH + CORE	3.5 MILES	REST DAY	6 MILES	CROSS TRAIN	
8		PRAY + FOLLOW UP	4 MILES	2 MILES	STRENGTH + CORE	3.5 MILES	REST DAY	DOUBLE DAY: 6K (AM), 6K (PM)	CROSS TRAIN	
7		SEND 2 SELFIE VIDEO TEXTS	4 MILES	3 MILES	STRENGTH + CORE	4 MILES	REST DAY	7 MILES	CROSS TRAIN	
6		SOCIAL MEDIA CAMPAIGN	4.5 MILES	3 MILES	STRENGTH + CORE	4.5 MILES	REST DAY	DOUBLE DAY: 5 MILES (AM)   5 MILES (PM)	CROSS TRAIN	
5		THANK + UPDATE YOUR DONORS	4.5 MILES	3 MILES	STRENGTH + CORE	4.5 MILES	REST DAY	9 MILES	CROSS TRAIN	
4		SEND AN UPDATE TO YOUR "NOT YET" DONORS	5 MILES	3 MILES	STRENGTH + CORE	5 MILES	REST DAY	DOUBLE DAY: 6 MILES (AM)   6 MILES (PM)	CROSS TRAIN	
3		MAKE FACE-TO-FACE ASKS	5 MILES	3 MILES	STRENGTH + CORE	3 MILES	REST DAY	9 MILES	CROSS TRAIN	THE TAPER
2		SOCIAL MEDIA CAMPAIGN	5 MILES	3 MILES	STRENGTH + CORE	5 MILES	REST DAY	8 MILES	CROSS TRAIN	
1		PULL OUT ALL THE STOPS	4 MILES	3 MILES	STRENGTH + CORE	SHAKE OUT	RACE DAY		REST DAY	