

MARATHON TRAINING PLAN

PHASE	WEEKS TO RACE	DATE	FUNDRAISING TIP	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FITNESS FOUNDATIONS MINUTES NOT MILES	26		Donate to yourself	20 MIN RUN 2, WALK 1	30 MIN WALK	20 MIN RUN 2, WALK 1	30 MIN WALK	20 MIN RUN 2, WALK 1	30 MIN RUN 2, WALK 1	REST
	25		Invite a friend to match your gift	25 MIN RUN 2, WALK 1	30 MIN WALK	25 MIN RUN 2, WALK 1	30 MIN WALK	25 MIN RUN 2, WALK 1	35 MIN RUN 2, WALK 1	REST
	24		Pray + set your goal	30 MIN RUN 3, WALK 1	30 MIN WALK	30 MIN RUN 3, WALK 1	30 MIN WALK	30 MIN RUN 3, WALK 1	40 MIN RUN 3, WALK 1	REST
	23		Make a list	35 MIN RUN 3, WALK 1	30 MIN WALK	35 MIN RUN 3, WALK 1	30 MIN WALK	35 MIN RUN 3, WALK 1	45 MIN RUN 3, WALK 1	REST
	22		Write your story	35 MIN RUN 4, WALK 1	30 MIN WALK	35 MIN RUN 4, WALK 1	30 MIN WALK	35 MIN RUN 4, WALK 1	50 MIN RUN 4, WALK 1	REST
	21		Send an email	40 MIN RUN 4, WALK 1	30 MIN WALK	40 MIN RUN 4, WALK 1	30 MIN WALK	40 MIN RUN 4, WALK 1	55 MIN RUN 4, WALK 1	REST
	20		Send a text	40 MIN RUN 5, WALK 1	30 MIN WALK	40 MIN RUN 5, WALK 1	30 MIN WALK	40 MIN RUN 5, WALK 1	60 MIN RUN 5, WALK 1	REST
	19		Post an update in your jersey	45 MIN RUN 5, WALK 1	30 MIN WALK	45 MIN RUN 5, WALK 1	30 MIN WALK	REST	5K TEST RUN	REST

TRAINING BEGINS WITH
**MINUTES
NOT MILES**

Foundation Training

This training is designed to create healthy patterns and a fitness foundation. Ease into movement. In this Fitness Foundations phase, follow the run/walk ratios to get your body in shape for longer mileage. Be sure to find a local group run for the longest trainings of the week. And check out teamworldvision.org/training for resources about mobility, strength, cross training, and more.

NEXT STEPS

- ☐ Get fitted for running shoes by an expert to prevent injury
- ☐ Find your local group run (all paces!) at teamworldvision.org/grouprun
- ☐ Start fundraising early to build momentum
- ☐ Get your TWV jersey at teamworldvisionstore.com
- ☐ Be sure to check your inbox during training for encouraging emails
- ☐ Log into your dashboard for more tips and tools at teamworldvision.org



CHECK IT OUT!

Scan the code for your weekly fundraising tip.

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			EFFORT LEVEL →	EASY	EASY	STRENGTH	HARD	REST	LONG RUN	CROSS TRAIN
BASE TO PACE TRAINING	18		<u>Go to a group run</u>	3 MILES	3 MILES	STRENGTH + CORE	3 MILES	REST	5 MILES	CROSS TRAIN
	17		<u>Make face-to-face asks</u>	3 MILES	3 MILES	STRENGTH + CORE	3 MILES	REST	6 MILES	CROSS TRAIN
	16		<u>Blast social media</u>	3 MILES	4 MILES	STRENGTH + CORE	3 MILES	REST	6 MILES	CROSS TRAIN
	15		<u>Be Chosen or sponsor</u>	3.1 MILES 5K TEST	4 MILES	STRENGTH + CORE	3 MILES	REST	8 MILES	CROSS TRAIN
	14		<u>Sell or make something</u>	3 MILES	5 MILES	STRENGTH + CORE	3 MILES	REST	10 MILES	CROSS TRAIN
	13		<u>Get creative</u>	3 MILES	5 MILES	STRENGTH + CORE	3 MILES	REST	10K TEST	CROSS TRAIN
GO THE DISTANCE TRAINING	12		<u>Pray about your goal</u>	3 MILES	6 MILES	STRENGTH + CORE	3 MILES	REST	12 MILES	CROSS TRAIN
	11		<u>Make a big ask</u>	3.1 MILES 5K TEST	6 MILES GOAL RACE PACE	STRENGTH + CORE	4 MILES	REST	13 MILES	CROSS TRAIN
	10		<u>Send snail mail</u>	3 MILES	7 MILES	STRENGTH + CORE	4 MILES	REST	10 MILES	CROSS TRAIN
	9		<u>Pray + follow up</u>	3 MILES	7 MILES	STRENGTH + CORE	4 MILES	REST	15 MILES	CROSS TRAIN
	8		<u>Community partnership</u>	4 MILES	8 MILES	STRENGTH + CORE	4 MILES	REST	16 MILES	CROSS TRAIN
	7		<u>Thank your donors</u>	4 MILES	8 MILES GOAL RACE PACE	STRENGTH + CORE	5 MILES	REST	12 MILES	CROSS TRAIN
	6		<u>Find a sponsor</u>	5 MILES	9 MILES	STRENGTH + CORE	5 MILES	REST	18 MILES	CROSS TRAIN
	5		<u>Catch-up week</u>	5 MILES	9 MILES	STRENGTH + CORE	5 MILES	REST	14 MILES	CROSS TRAIN
	4		<u>"Not yet's" reminders</u>	5 MILES	10 MILES	STRENGTH + CORE	5 MILES	REST	20 MILES	CROSS TRAIN
THE TAPER	3		<u>Host a pre-race party</u>	5 MILES	8 MILES GOAL RACE PACE	STRENGTH + CORE	4 MILES	REST	12 MILES	CROSS TRAIN
	2		<u>Text 2 selfie messages</u>	4 MILES	6 MILES	STRENGTH + CORE	3 MILES EASY	REST	8 MILES	CROSS TRAIN
	RACE WEEK		<u>Pull out all the stops</u>	3 MILES	4 MILES	STRENGTH + CORE	2 MILES EASY	REST	RACE WEEKEND	

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