

FEAR NOT!

We are here to help you get to the finish line and change lives.

MARATHON BASE TRAINING

Base Training Begins: 9.18.2017 Training Begins: 11.13.2017 Race Day: 03.18.2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I	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 GROUP RUN!	REST!

HALF MARATHON BASE TRAINING

Training Begins: 11.13.2017 Race Day: 03.18.2018

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
I	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 GROUP RUN!	REST!

MINUTES NOT MILES

30 min
run 3 minutes
walk 1 minute

Base Training is all about getting your body ready for the mileage that comes with official training. Before running for miles, focus on learning how to run and getting in shape. Follow the run walk ratios listed.

If it feels like you're not running enough, don't worry! There is plenty of time in training, and plenty of miles ahead. Just stick to the plan and you will be golden.





WATER IS LIFE

Lack of clean water is the leading cause of death in the developing world. Thousands of children die each day due to water related illness. The numbers are staggering, but there is hope. **World Vision is the leading non-government provider of clean water in the developing world**, providing clean water to a new person every 10 seconds. As long as there are children in the world without clean water, we will continue saying yes to new challenges!

FUNDRAISING BRINGS WATER

ALL STAR	CHAMPION	HERO	SUPER HERO	LEGACY	LEGENDS
\$1,310 26 lives	\$2,000 40 lives	\$3,000 60 lives	\$5,000 100 lives	\$10,000 200 lives	\$50,000+ 1,000+ lives

GO FARTHER TOGETHER



1

JOIN THE TEAM TONIGHT

We are so excited that you're saying YES. From first time runners to TWV alumni, this is going to be an incredible year.

Sign up online, by going to teamworldvision.org/LA



2

PAY FOR YOUR RACE FEE

Once you join the team, you will get a link to pay your race fee through Team World Vision. For fundraisers who reach \$3,000, you'll receive a race refund in the mail!

3



ORDER A JERSEY

Visit our official store at teamworldvision.org/store.

Our signature orange jersey is a big part of Team World Vision culture. Wear it at group runs and on race day.

4



KICKSTART YOUR FUNDRAISING

Set up your fundraising page and give yourself \$50. People will take you more seriously when they see that you talk the talk & walk the walk. Then start brainstorming fundraising ideas!



I'M JOINING THE TEAM!

I commit to:

1. Join the team tonight and register for the race.
2. Give my very best effort to help children in need by raising at least:

ALL STAR	CHAMPION	HERO	SUPER HERO	LEGACY
\$1,310 26 lives	\$2,000 40 lives	\$3,000 60 lives	\$5,000 100 lives	\$10,000 200 lives
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HALF MARATHON MARATHON

.....
Name (first & last)

.....
Email Address

.....
Phone Number

.....
Send me a text message reminder!

.....
Signature

.....
Date

Please write clearly and provide an email address and phone number you check regularly so we can keep you updated.

I WANT TO HELP WITH...

- GROUP RUNS
 - TEAM BUILDING EVENTS
 - TEAM ENCOURAGEMENT
 - OTHER:
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Special notes

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