## NIAGARA FALLS WOMEN'S HALF MARATHON TRAINING PROGRAM STARTS FEBRUARY 7

## **MONEY BACK GUARANTEE!**

This is a worldwide first. We have so much confidence in you. So, what's the catch? There is no catch, but we have heard far too many women say, "I can do a 5 or 10k but I could never do a Half Marathon."

Race Director Ross has been around the running and walking scene for a long time, and has helped many people complete marathons and half marathons.

## It's not magic. It's a matter of goal setting....

Commit now, follow this sample 17 week program as closely as possible, and do the long run or walk each week. If you want, do some cross training. Go for a swim, ride a

bike, play tennis, just be active and exercise. Maybe even eat a bit smarter. Think of the fabulous Finisher's Medal you will get. If you follow this sample training program, we guarantee you will finish the Niagara Falls Women's Half Marathon. If you don't finish, we will refund your Entry Fee. Criteria: We assume you can run or walk 3k now. Commit to this 17 week training program. Follow this program. Start the Niagara Falls Women's Half Marathon on June 4.

"I run because I used to be envious of people that could run, and now I am that person."

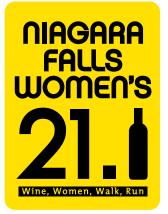
if you want, do some cross training. Go for a Swiff, fide a <b>could run, and flow rain that person.</b>											
Monday	Tuesda	ay Wednesday		sday Friday Saturda	y Sunday						
Week 1	Feb 07	3k	Feb 09	3k	Feb <b>5k</b>						
The secret of getting ahead is getting started.											
Week 2	Feb 14	4k	Feb 16	4k	Feb 6k						
Log off. Shut down, Go run.											
Week 3	Feb 21	4k	Feb 23	5k	Feb <b>7k</b>						
Running or walking is the greatest metaphor for life, because you get out of it what you put into it.											
Week 4	Feb 28	5k	Mar 02	6k	Mar <b>8k</b>						
Focus on how far you've come not how far you have to go.											
Week 5	Mar 07	6k	Mar 09	6k	Mar 5k						
Running allows you to see how wonderful your life is.											
Week 6	Mar <b>-</b> 14	7k	Mar 16	7k	Mar 9 <b>k</b>						
Sky above me. Earth below me. Fire within me.											
Week 7	Mar <b>-</b> 21	7k	Mar 23	7k	Mar 10k						
One finds limits by pushing them.											
Week 8	Mar 28	3k	Mar 30	8k	Apr 11 K						

Run More, Live More, Be More,

Mor	nday Tuesda	y Wednesday	Thurso	day	Friday	Saturday	Sund	ay				
Week 9	•	3k	Apr 06	8k		,		12k				
Why 21.1k? Because you're only ½ crazy												
Week 10	Apr 11	9k	Apr 13	9k			Apr 16	8k				
In order to succeed, you must first believe that you can												
Week 11	Apr 18	9k	Apr 20	9k			Apr 23	13k				
"You are trained, you can absolutely do this - take it all in, and always, always have FUN"												
Week 12	Apr 1	0k	Apr 27	9k			Apr 30	14k				
A girl needs to wear 2 things to look great - Confidence and a Smile.												
Week 13	May 1	0k	May 04	9k			May 07	15k				
This isn't sweat. It is liquid awesome.												
Week 14	May <b>1</b>	1k	May 11	8k			May 14	16k				
"There is nothing to be intimidated about - it's just another run where a few more people show up and they happen to wear numbers."												
Week 15	May <b>1</b> 16	1k	May 18	7k			May 21	17k				
It always seems impossible until it is done.												
Week 16	May 23	3k	May 25	8k			May 28	8k				
Nothing great was ever achieved without enthusiasm.												
Week 17	May 1 30	5k	June 01	5k		JUNE 4th	21	.1k				

## WELL DONE CHAMP!







Let us know how your training is going on our Niagara Falls Women's Half Marathon facebook page