

# NIAGARA FALLS WOMEN'S HALF MARATHON TRAINING PROGRAM STARTS FEBRUARY 6

## 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 3.

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

	Mon	TUESDAY	Wed	THURSDAY	Fri/Sat	SUNDAY
Week 1		Feb 06 <b>3K</b>		Feb 08 <b>3K</b>		Feb 11 <b>5K</b>

The secret of getting ahead is getting started.

Week 2		Feb 13 <b>4K</b>		Feb 15 <b>4K</b>		Feb 18 <b>6K</b>
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Log off. Shut down, Go run.

Week 3		Feb 20 <b>4K</b>		Feb 22 <b>5K</b>		Feb 25 <b>7K</b>
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Running or walking is the greatest metaphor for life, because you get out of it what you put into it.

Week 4		Feb 27 <b>5K</b>		Mar 01 <b>6K</b>		Mar 04 <b>8K</b>
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Focus on how far you've come not how far you have to go.

Week 5		Mar 06 <b>6K</b>		Mar 08 <b>6K</b>		Mar 11 <b>5K</b>
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Running allows you to see how wonderful your life is.

Week 6		Mar 13 <b>7K</b>		Mar 15 <b>7K</b>		Mar 18 <b>9K</b>
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Sky above me. Earth below me. Fire within me.

Week 7		Mar 20 <b>7K</b>		Mar 22 <b>7K</b>		Mar 25 <b>10K</b>
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One finds limits by pushing them.

Week 8		Mar 27 <b>8K</b>		Mar 29 <b>8K</b>		Apr 01 <b>11K</b>
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Run More. Live More. Be More.

	Mon	<b>TUESDAY</b>	Wed	<b>THURSDAY</b>	Fri/Sat	<b>SUNDAY</b>
Week 9	Apr 03	<b>8K</b>	Apr 05	<b>8K</b>	Apr 08	<b>12K</b>

Why 21.1k? Because you're only 1/2 crazy.

Week 10	Apr 10	<b>9K</b>	Apr 12	<b>9K</b>	Apr 15	<b>8K</b>
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In order to succeed, you must first believe that you can.

Week 11	Apr 17	<b>9K</b>	Apr 19	<b>9K</b>	Apr 22	<b>13K</b>
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"You are trained, you can absolutely do this - take it all in, and always, always have FUN."

Week 12	Apr 24	<b>10K</b>	Apr 26	<b>9K</b>	Apr 29	<b>14K</b>
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You only need 2 things to look great - Confidence and a Smile.

Week 13	May 01	<b>10K</b>	May 03	<b>9K</b>	May 06	<b>15K</b>
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This isn't sweat. It is liquid awesome.

Week 14	May 08	<b>11K</b>	May 10	<b>8K</b>	May 13	<b>16K</b>
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"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 15	<b>11K</b>	May 17	<b>7K</b>	May 20	<b>17K</b>
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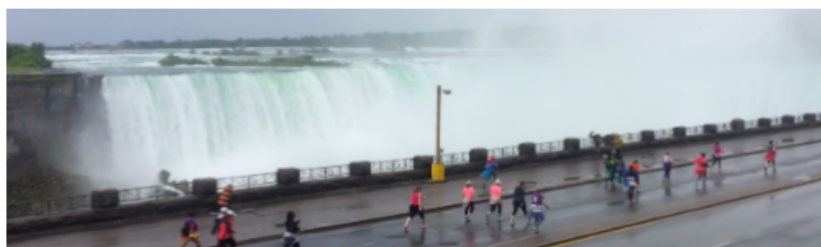
It always seems impossible until it is done.

Week 16	May 22	<b>8K</b>	May 24	<b>8K</b>	May 27	<b>8K</b>
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Nothing great was ever achieved without enthusiasm.

Week 17	May 29	<b>5K</b>	May 31	<b>5K</b>	<b>JUNE 03</b>	<b>21.2K</b>
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**WELL DONE CHAMP!**



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