

## NIAGARA FALLS WOMEN'S HALF MARATHON TRAINING PROGRAM STARTS FEBRUARY 5

### **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 could do a 5K or a 10K but I could never do a Half Marathon. Race Director Ross has been around the running and walking scenic 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 make some healthier diet choices. Think of the fabulous Finisher's Medal you will get. Think about how amazing you will feel. 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 and you will be crossing the Finish Line on June 2, 2019.

**"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 05 <b>3K</b>		FEB 07 <b>3K</b>		FEB 10 <b>4K</b>

The secret of getting ahead is getting started.

Week 2	FEB 12 <b>4K</b>		FEB 14 <b>4K</b>		FEB 17 <b>6K</b>
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Log off. Shut down. Go for a run or walk.

Week 3	FEB 19 <b>4K</b>		FEB 21 <b>5K</b>		FEB 24 <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 26 <b>5K</b>		FEB 28 <b>6K</b>		MAR 03 <b>8K</b>
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Focus on how far you've come not how far you have to go.

Week 5	MAR 05 <b>6K</b>		MAR 07 <b>6K</b>		MAR 10 <b>5K</b>
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Running allows you to see how wonderful your life is.

Week 6	MAR 12 <b>7K</b>		MAR 14 <b>7K</b>		MAR 17 <b>9K</b>
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Sky above me. Earth below me. Fire within me.

Week 7	MAR 19 <b>7K</b>		MAR 21 <b>7K</b>		MAR 24 <b>9K</b>
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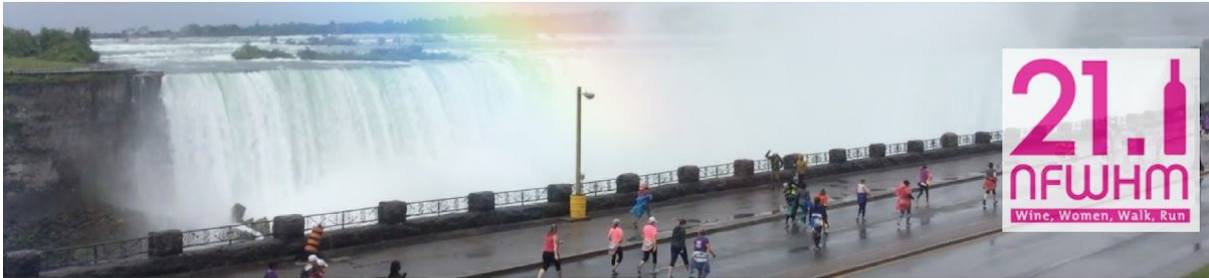
One finds limits by pushing them.

Week 8	MAR 26 <b>8K</b>		MAR 28 <b>8K</b>		MAR 31 <b>11K</b>
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Run more. Live more. Be more.

	Mon	TUESDAY	Wed	THURSDAY	Fri/Sat	SUNDAY
Week 9		APR 02 <b>8K</b>		APR 04 <b>8K</b>		APR 07 <b>12K</b>
Why 21.1K? Because you are only 1/2 crazy.						
Week 10		APR 09 <b>9K</b>		APR 11 <b>9K</b>		APR 14 <b>8K</b>
In order to succeed, you must first believe that you can.						
Week 11		APR 16 <b>9K</b>		APR 18 <b>9K</b>		APR 21 <b>13K</b>
"You are trained, you can absolutely do this - take it all in, and always always have FUN!"						
Week 12		APR 23 <b>10K</b>		APR 25 <b>9K</b>		APR 28 <b>14K</b>
You only need two things to look great - Confidence and a Smile.						
Week 13		APR 30 <b>10K</b>		MAY 02 <b>9K</b>		MAY 05 <b>15K</b>
This isn't sweat. It is liquid awesome.						
Week 14		MAY 07 <b>11K</b>		MAY 09 <b>8K</b>		MAY 12 <b>16K</b>
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 14 <b>11K</b>		MAY 16 <b>7K</b>		MAY 19 <b>17K</b>
It always seems impossible until it is done.						
Week 16		MAY 21 <b>8K</b>		MAY 23 <b>8K</b>		MAY 26 <b>8K</b>
Nothing great was ever achieved without enthusiasm.						
Week 17		MAY 28 <b>5K</b>		MAY 30 <b>5K</b>		JUN 02 <b>21.1K</b>

**WELL DONE CHAMP!**



LIKE our Facebook page to stay up-to-date on event info, tips and a whole lot of inspiration!

[www.facebook.com/NiagaraFallsWomensHalfMarathon](http://www.facebook.com/NiagaraFallsWomensHalfMarathon)

Niagara Falls Women's Half Marathon & 5K | June 2, 2019 | [www.nfwhm.com](http://www.nfwhm.com)