

PROGRAM INFORMATION

PURPOSE: The Fishers YMCA Fall Half-Marathon Training Program can help you achieve your goal of crossing the finish line after 13.1 miles! The Fishers YMCA is excited to offer this training program to prepare you for either the Indianapolis Half Marathon or the Monumental Half Marathon!

REQUIREMENTS: Minimum running pace of 13:00 min/mile & commitment to reach your goals!

TRAINING DAYS & TIMES:

- MONDAY/WEDNESDAY - 6:00 p.m., or
- TUESDAY/THURSDAY - 9:15 a.m.
- SATURDAY - 7:00 a.m. (long run: all)

TRAINING SESSIONS: will vary between 45 minutes and up to 3 hours, depending on mileage and pace.

LOCATION: All training runs will be outdoors. Participants need to wear reflective clothing. Sessions begin and end in the Fishers Y lobby.

REGISTRATION FEES:

YMCA Member: \$84*
All Others: \$159*

*Fee does not include race registration. All participants are responsible for own race registration.

SCHEDULE OF EVENTS

- JUNE 24: REGISTRATION DEADLINE!
- JULY 1: TRAINING BEGINS!
- OCT 19: INDIANAPOLIS MARATHON / | HALF- MARATHON
- NOV 2: MONUMENTAL MARATHON / HALF- MARATHON

Race Registration Information

- **Please note:** You will need to register separately for the actual 2013 Indianapolis or Monumental Half-Marathon Races.
- You may register for these races online at:
www.indianapolismarathon.com
www.monumentalmarathon.com



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WITH YOU EVERY STEP OF THE WAY



FISHERS YMCA FALL 2013 HALF- MARATHON TRAINING PROGRAM

FISHERS YMCA
9012 E. 126th Street, Fishers, IN 46038
(317) 595-9622
www.OurCauseIsYou.org

HELPING YOU ACHIEVE YOUR HALF- MARATHON GOALS

FOR FALL 2013:

TRAINING FOR ALL LEVELS. Program includes mileage plans, organized training days, equipment information, cross-training suggestions, and nutrition strategies.

16 -WEEK PROGRAM INCLUDES:

- Pace Groups
- Training led by experienced coaches
- Educational information on nutrition, running shoes, cross-training, and injury prevention.
- Coach-led long runs and two additional set-mileage days per week
- Opportunity to build on your mini-marathon fitness and improve your time
- Child Watch services available (see Program Guide or Member Services for details)
- Pre-Race preparation presentation
- 2013 YMCA Half- Marathon T-shirt
- and much, much more!

"Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement." - Steve Prefontaine

Register now in Member Services!

QUESTIONS? Contact Nicky Disborough,
Fishers YMCA Wellness Coach
ndisborough@ indymca.org or 317.558.3214.



FISHERS YMCA 2013 FALL HALF- MARATHON TRAINING PROGRAM REGISTRATION FORM

Name _____

Address _____

City _____ Zip _____

Phone (Day) _____ (Eve) _____

E-Mail: _____

Please check one: MUST BE 16 YRS OF AGE TO PARTICIPATE

Male Age: _____
 Female Age: _____

Class preference: Beginning / Intermediate Advanced

Please complete: _____ Previous Mini Time

Runner: Pace _____ min per mile _____

Please check T-shirt size:

S M L XL XXL

Please check training group time:

M/W Runners 6:00 p.m. or

T/TH Runners 9:15 a.m.

Waiver Statement (Must be signed):

I understand and acknowledge that participating in this training program may expose me to dangers from both known and anticipated risks. I attest and verify that I am in sufficient condition for this program. I will not hold responsible the YMCA or any of its employees or volunteers for any physical harm that may occur due to this event.

Signature of participant _____ Date _____

Signature of parent/guardian _____ Date _____
if participant is under 18

Please check one:

Y Member (\$84) All Others (\$159)

Please check one: Cash Check Credit Card

If paying by credit card, please complete:

Card number: _____ Exp. date: _____

Name on card: _____

Signature: _____

*To register by mail or fax, please return this form with your credit card information or check made payable to:

FISHERS YMCA Phone: 595-9622

9012 E. 126th Street Fax: 577-2069

Fishers, IN 46038 Attn: Fall Half-Marathon Registration