


Race Against Racism Couch to 5K Training Plan

Join us as we prepare our bodies and minds for the Race Against Racism. The links below will lead to resources that can help us learn and take action as we strive to eliminate racism and promote allyship.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 February 18	Start strong!	60 sec run 90 sec walk 20 min total	Watch (22 mins)	60 sec run 90 sec walk 20 min total	Watch, Read, & Respond	90 sec run 2 min walk 20 min total	Understanding Diversity
Week 2 February 25		90 sec run 2 min walk 20 min total	Watch (20 mins)	2.5 min run 2.5 min walk 20 min total	Read	2.5 min run 2.5 min walk 20 min total	Recognizing Bias
Week 3 March 3	Keep it up!	2.5 min run 2.5 min walk 20 min total	Watch (19 mins)	3 min run 2 min walk 25 min total	Listen (40 mins)	3 min run 2 min walk 25 min total	Intersectionality & Privilege
Week 4 March 10		5 min run 3 min walk Repeat x 3	Watch & Read	5 min run 3 min walk Repeat x 3	Watch (40 mins)	5 min run 3 min walk Repeat x 3	Navigating Allyship
Week 5 March 17	Watch & Read	8 min run 5 min walk 8 min run	Read	8 min run 5 min walk 8 min run	Watch (7 mins)	8 min run 5 min walk 8 min run	Impact of Race Across Sectors Part 1
Week 6 March 24	Watch (7 mins)	10 min run 3 min walk 10 min run	Watch (14 mins)	10 min run 3 min walk 10 min run	Watch (13 mins)	10 min run 3 min walk 10 min run	Impact of Race Across Sectors Part 2
Week 7 March 31		15 min run 5 min walk	Read	15 min run 5 min walk	Listen (35 mins)	15 min run 5 min walk	Benefits of Cultural Diversity
Week 8 April 7		20 min run	Read	20 min run	Read	20 min run	Subscribe
Week 9 April 14	25 min run	Watch (68 mins)	25 min run	Watch (90 mins)	25 min run		Save the Date
Week 10 April 21	One more week!	30 min run	Learn	30 min run	Schedule a Training		Race Day! 

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Scan the QR code to visit our website for a full list of resources and to learn more!

Educational resources included are recommended by YWCA Northeast Indiana.



Training plan endorsed by 3RRC.

Created by Lynn Marbach, General Manager of 3RRC.

