

# 2020 Global 6K prep plan

Here's some great ways to get ready for race day!

Get others involved in the clean water cause. You can raise \$500 or more in 6 weeks.

Week 1	Donate \$50 to your own goal.
Week 2	Set up a Facebook fundraiser and aim for \$100 or more from your network.
Week 3	Ask 3 family members to donate \$50 each.
Week 4	Ask 4 businesses you frequent to donate \$10 each.
Week 5	Ask 5 friends to give \$20 each
Week 6	Ask 6 co-workers to give \$10 each.

No training is needed to walk the 6K. But if you want to get moving before event day, check out the schedule below.

*Minutes, not miles: Run two minutes, walk one minute. Repeat. Run more. Add minutes. You'll be at 6K before you know it.*

WEEK	DATE	MON	TUE	WED	THU	FRI	SAT	SUN
1	April 6	20 min run 2, walk 1	30 min walk	20 min run 2, walk 1	rest	20 min run 2, walk 1	30 min run 2, walk 1	rest
2	April 13	25 min run 2, walk 1	30 min walk	25 min run 2, walk 1	rest	25 min run 2, walk 1	35 min run 2, walk 1	rest
3	April 20	30 min run 3, walk 1	30 min walk	30 min run 3, walk 1	rest	30 min run 3, walk 1	40 min run 3, walk 1	rest
4	April 27	35 min run 4, walk 1	30 min walk	35 min run 4, walk 1	rest	35 min run 4, walk 1	50 min run 4, walk 1	rest
5	May 4	40 min run 5, walk 1	30 min walk	40 min run 5, walk 1	rest	40 min run 5, walk 1	60 min run 5, walk 1	rest
6	May 11	45 min run 5, walk 1	30 min walk	45 min run 5, walk 1	rest	rest	Global 6K!	rest