

WEEK	DATE	FUNDRAISING TIP	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	PHASE
#		SCAN QR CODE FOR DETAILS	EASY		MEDIUM		MEDIUM		MEDIUM	
1	11/6/22	Go Public!	5	Rest	5	Rest	5	Rest	10	DISTANCE BUILDING
2	11/13/22	Go Public!	5	Rest	5	Rest	5	Rest	10	
3	11/20/22	Write Your Story	5	Rest	5	Rest	5	Rest	10	
4	11/27/22	Make a List	5	Rest	5	Rest	5	Rest	10	
5	12/4/22	Send an Email	6	Rest	8	Rest	6	Rest	15	
6	12/11/22	Sponsor a Child	7	Rest	10	Rest	7	Rest	20	
7	12/18/22	Take a Selfie Video	8	Rest	13	Rest	8	Rest	25	
8	12/25/22	Make Face-to-Face Asks	9	Rest	15	Rest	9	Rest	30	
9	1/1/23	Get Creative	10	Rest	20	Rest	10	Rest	40	
HALFWAY!										
10	1/8/23	Go to a Group Run	12	Rest	20	Rest	12	Rest	45	ENDURANCE TRAINING
11	1/15/23	Take the "No" Challenge	14	Rest	25	Rest	14	Rest	50	
12	1/22/23	Follow Up	16	Rest	30	Rest	16	Rest	55	
13	1/29/23	Speak to a Group	18	Rest	30	Rest	18	Rest	60	
14	2/5/23	Ask Someone to Sponsor a Child	20	Rest	35	Rest	20	Rest	65	
15	2/12/23	Make-Up Week	20	Rest	35	Rest	20	Rest	70	
16	2/19/23	Social Media Campaign	20	Rest	35	Rest	20	Rest	75	
17	2/26/23	Host a Pre-Race Party	20	Rest	40	Rest	20	Rest	80	
18	3/5/23	Send Another Email	20	Rest	30	Rest	20	Rest	60	TAPER
19	3/12/23	Pull Out All the Stops	20	Rest	15	20	Rest	Rest	100	EVENT

NEXT STEPS

- Be active in the Groupme thread to join weekday group rides
- Get your TWV jersey at TeamWorldVisionStore.com.
- Jump-start your fundraising early to build momentum
- Log into your dashboard for more tips and tools at TeamWorldVision.org

PACE	EASY	MEDIUM
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Medium pace is the pace you hope to ride the day of the event. Easy pace is a little slower than moderate and allows your body to recover from a longer ride



CHECK IT OUT!
Scan the code for your weekly fundraising tip.