

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	S/C	20 min.	10	20 min.	Rest	10	DISTANCE BUILDING
2	11/13/22	Go to a Group Run	30 min.	S/C	5	25 min.	5	Rest	35 min.	
3	11/20/22	Sponsor a Child	5	S/C	30 min.	10	30 min.	Rest	10	
4	11/27/22	Pray	40 min.	S/C	5	35 min.	5	Rest	45 min.	
5	12/4/22	Get Creative	6	S/C	40 min.	10	40 min.	Rest	15	
6	12/11/22	Sell Something You Own	50 min.	S/C	10	45 min.	7	Rest	60 min.	
7	12/18/22	Take a Selfie Video	20	S/C	Run	20	Run	Rest	25	
8	12/25/22	Make Face-to-Face Asks	5 km	S/C	15	50 min.	9	Rest	4	
9	1/1/23	Make it Personal	35	S/C	5	30	5	Rest	40	
HALFWAY!										
10	1/8/23	Maximize a Large Gift	5	S/C	20	4	12	Rest	5	ENDURANCE TRAINING
11	1/15/23	Take the "No" Challenge	45	S/C	4	30	4	Rest	50	
12	1/22/23	Follow Up	6	S/C	30	5	16	Rest	7	
13	1/29/23	Speak to a Group	55	S/C	5	40	5	Rest	60	
14	2/5/23	Ask Someone to Sponsor a Child	6	S/C	35	5.5	20	Rest	8	
15	2/12/23	Make-Up Week	65	S/C	5	50	5	Rest	70	
16	2/19/23	Social Media Campaign	9	S/C	35	6	20	Rest	10	
17	2/26/23	Host a Pre-Race Party	75	S/C	4	60	4	Rest	80	
18	3/5/23	Send Another Email	9	S/C	30	6	20	Rest	8	TAPER
19	3/12/23	Pull Out All the Stops	60	S/C	3	30	3	Rest	100/13	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
Type	Bike	Bike
	Run	Run
	Rest	Rest
Strength and Core ->	S/C	S/C

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.