



## MARATHON TRAINING PROGRAM

*Every mile starts with the First Step*

Dear Aspiring Athlete,

Welcome!

On behalf of The Dream Team M, we are delighted to welcome you to our runners' family. Congratulations on taking the first huge step towards achieving your dream to run a marathon.

Here's what you will get out of this information session:

- A good understanding of what The Dream Team M training is all about, and how the training will help you successfully reach the finish line of a marathon as well as of your fundraising goal.
- You will get to know the core team volunteers, mentors, and coaches.
- Our coaches and alumni will share their expertise and experiences.
- An opportunity for you to ask questions and get answers from our coaches.

Our commitment is to take you all the way to your running goals – whether it is a half marathon or a full marathon. It is our promise to make this experience a fun, inspiring, exciting, and exhilarating one for you. Along with accomplishing your running goals, and supporting a worthy cause, this is a wonderful opportunity to make lifelong, leading an active and healthy lifestyle.

The Dream Team M is proud to share that 100% of the funds raised will go directly to Vibha's charity projects for underprivileged kids. For more information visit [www.vibha.org](http://www.vibha.org) or speak with one of our volunteers.

# Dream • Commit • Achieve



Valid only on Sun, Jan 21st, 2018

# 20% OFF

**Sports  
Basement**

1177 Kern Ave, Sunnyvale, CA 94085



Questions or concerns? Contact us at [BayArea@TheDreamTeamM.org](mailto:BayArea@TheDreamTeamM.org)



**MARATHON TRAINING PROGRAM**

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**First training session**

Sunday, Jan 28th, 2018 ~ From 9:00 AM to 11:00 AM

Location: West Valley College Tracks, South College Circle, Saratoga CA 95070

If you are lost, please call: Rahul (650-627-6800) or Coach Rajeev (408-838-8911)

**2018 EVENTS CALENDAR**

SUNDAY <b>JANUARY 28</b>	Training kick off. Training and fundraising orientation #1
SUNDAY <b>JANUARY 28</b>	Shoe Clinic @ 10:30 AM, Running Revolution, 511 E Campbell Ave, Campbell, CA 95008
SUNDAY <b>February 4</b>	Running Gear Talk by Coaches
SUNDAY <b>February 11</b>	Training and fundraising orientation #2
SUNDAY <b>February 18</b>	Nutrition Talk by Coaches
FRIDAY <b>March 2</b>	Ice Breaker Party
SUNDAY <b>March 4</b>	All about Vibha
FRIDAY <b>APRIL 6</b>	Costume Party
SATURDAY <b>APRIL 14</b>	Last day to reach your fundraising goal - You can do it!
SATURDAY <b>APRIL 28</b>	Half Marathon race event
SUNDAY <b>MAY 5</b>	Team Picnic
SUNDAY <b>JUNE 3</b>	Vibha's Dream Mile Half and Full Marathon race event
SATURDAY <b>JUNE 9</b>	Finish Line Party

*\*Please note that some of these dates may be subject to change*

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# TRAINING

After seven successful training seasons, The Dream Team M is back for its 2018 season!!!

The Dream Team M is a training program for a **Half Marathon** and a **Full Marathon**. Our program is one of the most **Affordable, Injury free, and Personalized training programs** in the USA.

### Why?

- To meet your fitness or personal goals, or to challenge yourself.
- To support a worthy cause. *The Dream Team M is a 100% volunteer based organization and all money raised goes towards Vibha's projects and local non-profits.*
- To be part of the Vibha family and enjoy the fun celebratory parties during and post training, where you can bond with your fellow trainees, alumni, volunteers, and the coaches.

### Who?

- First-time runners
- Semi-beginners
- Experienced runners

### How?

- We begin our training with strength-training and stretching workshops, followed by running 1-2 miles during the first few of weeks.
- Team training is on **weekend (Sat or Sun) mornings**, ranging from a couple of hours or until you finish.
- 3 **weekday-runs** (Tue, Thu, and Fri) either with your designated Mentor or on your own.
- You are encouraged/recommended to do the stretching and strengthening exercises on Mondays and Wednesdays at your convenience.
- After the first few weeks, the runs gets longer in mileage.
- The mileage peaks around 2-3 weeks before the race, after which the mileage tapers, allowing runners to gather energy for the race.

Our experienced coaches and mentors take a proactive approach to making this training a positive experience and a lifelong passion. They offer dynamic warm ups before the run, and stretching and strengthening exercises after the run. The coaches provide advice on cross-training options, and emphasize injury-prevention and safety.



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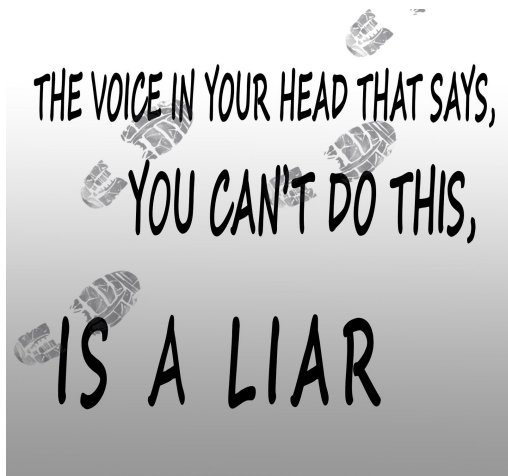
# FUNDRAISING

Athletes of The Dream Team M commit to fulfill their own dreams and those of the underprivileged. Towards this, we seek your commitment to a minimum fundraising goal.

<b>Total Minimum Fundraising Goal</b>	<b>\$999</b>
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\*\$100 Referral discount available

- The program registration fee gets you a spot on the team and pays towards the cost of supporting you throughout the training season. Please note that **you will need to register yourself and pay to participate in the target half & full marathon race events**. We will try to get team discount codes for these race events.
- You can choose to train to run either one half marathon, or one half and one full marathons, or two half marathons.
- The program registration fees and raised funds are non-transferable and non-refundable.
- All contributions made towards the fundraising goal are tax deductible and eligible for corporate matching donation.



Register now for the training at



Registration QR Code

<http://join.team-m.org>

Early Bird discount ends on Jan 27th, 2018 • Registration ends February 24th, 2018



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2018 WEEKEND RUNS  
CALENDAR

SUNDAY <b>JANUARY 28</b>	9:00 AM	West Valley College Tracks, Saratoga
SUNDAY <b>FEBRUARY 4</b>	9:00 AM	West Valley College Tracks, Saratoga
SUNDAY <b>FEBRUARY 11</b>	9:00 AM	West Valley College Tracks, Saratoga
SUNDAY <b>FEBRUARY 18</b>	9:00 AM	Baylands Park, Sunnyvale
SUNDAY <b>FEBRUARY 25</b>	9:00 AM	Los Gatos Creek Trail, Campbell
SUNDAY <b>MARCH 4</b>	8:00 AM	Baylands Park, Sunnyvale
SATURDAY <b>MARCH 10</b>	8:00 AM	Coyote Creek Trail, San Jose <small>Daylight Saving Time Switch Weekend</small>
SUNDAY <b>MARCH 18</b>	8:00 AM	Los Gatos Creek Trail, Campbell
SUNDAY <b>MARCH 25</b>	8:00 AM	Alameda Creek Trail, Fremont
SUNDAY <b>APRIL 1</b>	8:00 AM	Oracle Trail, Redwood City
SUNDAY <b>APRIL 8</b>	8:00 AM	Alameda Creek Trail, Fremont
SUNDAY <b>APRIL 15</b>	8:00 AM	Coyote Creek Trail, San Jose
SUNDAY <b>APRIL 22</b>	8:00 AM	Los Gatos Creek Trail, Campbell <small>Ruth Anderson Ultra Marathon Weekend</small>
SATURDAY <b>APRIL 28</b>	8:00 AM	Western Pacific HALF Marathon
SUNDAY <b>MAY 6</b>	8:00 AM	Coyote Creek Trail, San Jose
SATURDAY <b>MAY 12</b>	8:00 AM	Oracle Trail, Redwood City
SUNDAY <b>MAY 20</b>	8:00 AM	Coyote Creek Trail, San Jose
SATURDAY <b>MAY 26</b>	8:00 AM	Dell Ave <small>Memorial Day Long Weekend</small>
SUNDAY <b>JUNE 3</b>	7:00 AM	Vibha Dream Mile HALF and FULL Marathon

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