Upward Running Timeline

UPWARD SPORTS

WEEK 1

- *Build your package and create your program*

Fill in your dates here:

WEEK 7

- *Submit group order*

Fill in your dates here:

- *Gospel presentation*
- *Participants share their own stories*

WEEKS 22-23

Rest Weeks

- *Rest weeks before starting a new plan in the RunClub App.*

Fill in your dates here:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23

WEEKS 2-6

- *Open registration*
- *Advertising & promotion*
- *Identify additional leader*

Fill in your dates here:

WEEKS 10-20

- *Classes start*
- *Week-to-week training occurs for all groups in the church model*
- *Place add on order for walk-up registrations*

Fill in your dates here:

WEEK 21

- *Graduation race*
- *5K Challenge will end*

Fill in your dates here: