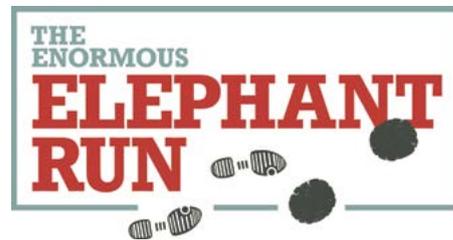


YOUR 12 WEEK FUNDRAISING AND TRAINING PLANNER



Pop this on your fridge or wall & count down with us whilst you train and fundraise for The Enormous Elephant Run!

Weeks To Go	My Weekly Training Tip	My Weekly Fundraising Tip	My Best Running Time So Far	Total Amount Raised So Far
12 Weeks To Go!	<p>As it may be the start of your training (unless you've already begun) remember to take it slow.</p> <p>Download our couch to 5k training guide at: enormouselephantrun.com/images/trainingpack.pdf</p>	<p>This week, I am going to share my story on social media!</p> <p>Have you visited our orphanage in Nairobi? Or maybe you foster one of our elephants? Add this to your fundraising page to tell everybody why you are running.</p> <p>Haven't set up your fundraising page? Do it now at: enormouselephantrun.com/fundraising-ideas</p>		
11 Weeks To Go!	<p>You become stronger and fitter during your recovery, not during your actual run!</p> <p>So make sure that recovery time is built into your training. Look out for any pains or injuries in your body, even on rest days!!</p>	<p>This week, I will ask my close family, friends or colleagues to make the first donations to my fundraising page.</p> <p>When they visit your page, they may be tempted to out sponsor your other donations, it works we promise!</p>		
10 Weeks To Go!	<p>Now that you have been running for 2 weeks, try to increase it by just 2 minutes each.</p> <p>Try walking for 8 mins & then running for 8 mins. You are slowly building yourself up.</p>	<p>This week, I will gather my herd! Sign up your friends and family to join you at The Enormous Elephant Run by visiting: enormouselephantrun.com/build-team</p>		
9 Weeks To Go!	<p>If you have friends running with you and you will be running as a herd, why not try running together to see if you can maintain a steady pace in preparation for event day?</p>	<p>This week, I will find out if my company takes part in a matched giving scheme.</p> <p>Some employers will match your fundraising total pound for pound, so it's worth checking this out!</p>		
8 Weeks To Go!	<p>By now, you've been training for at least a month!</p> <p>Now things are getting pretty serious, you need to remember to warm up & cool down EVERY time you train, to avoid injury!</p>	<p>This week, I will try something new to raise money for The Enormous Elephant Run!</p> <p>Why not try a coffee morning, collections at local football matches or even a film night!</p>		

For more top ideas, visit: www.enormouselephantrun.com/fundraising-ideas

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7 Weeks To Go!	<p>If you can, why not try increasing to 10 minutes, if it becomes too tough, please go back to 8.</p> <p>Walk for 10 minutes & run for 10 mins & repeat</p>	<p>This week, I will find another person to run with me at The Enormous Elephant Run. Every elephant needs its herd so make sure you gather your friends & family!</p> <p>Sign up your friend at: enormouselephantrun.com</p>		
6 Weeks To Go!	<p>You're half way through the training plan! Why not celebrate by mixing it up a bit?</p> <p>Blast some music with some friends and run to the beat to vary your pace! Make an evening out of it!</p>	<p>This week, I will make sure that all of my friends and family (who are willing to donate) have donated, and if they haven't I will kindly ask them to donate to add to my fundraising total so far.</p>		
5 Weeks To Go!	<p>With just over a month to go & your runs are getting longer and tougher... why not find a running buddy?</p> <p>Drag one of your friends along with you & promise to buy them a coffee afterwards to say thanks, you will make memories whilst training!</p>	<p>This week, I am going to get active whilst fundraising! Try walking a friend's dog, having a dance off or doing a sponsored bike ride.</p> <p>This will still help your fundraising, but you will be enjoying yourself whilst you do it, and It's always important to have fun!</p>		
4 Weeks To Go!	<p>One month to go! This is when your training really matters, as you don't want to pick up an injury so close to The Enormous Elephant Run.</p> <p>Make sure you warm up, cool down & recover!</p>	<p>This week, for the last month of fundraising, I am going to make my own lunch every day instead of buying it.</p> <p>The money that I would have spent on lunch, I will then add to my fundraising total.</p>		
3 Weeks To Go!	<p>As there are only 3 weeks to go, continue to push yourself.</p> <p>If you can, do 15 mins walking and then 15 mins running. If you cannot do this, try 10 or 12. Come on you can do it!!</p>	<p>This week, I will try a new way of fundraising at school or work.</p> <p>Try a sponsored silence, a name the elephant competition, or even a yummy cake sale!</p>		
2 Weeks To Go!	<p>Why not try running a little in your elephant costume to see how it feels? That way on event day you will know what to expect running in your costume.</p>	<p>This week is going to be a fun one! As you would have received your elephant suit in the post by now, why not wear it out to the local shops or to work and ask for donations throughout the day!</p>		
1 Week To Go!	<p>This is your last chance to prove to yourself before the big day! Go for a training run for as long as you can/feel comfortable but remember to alternate between walking to catch your breath and avoid any injury!</p> <p>See you soon Elephants!!</p>	<p>The Run is this week!!! We can't wait to see you at the starting line and hope you are as excited as we are for the 10th June!</p> <p>As a final push, shout about your run on Facebook and ask for any last minute donations. Every penny can help Africa's elephants.</p>		