

WILL Marathon Training Guide: Couch to Couch

As with all training programs, it's important to start slowly to avoid injury!

April 1

Wrap up April Fool's Day with some laughs thanks to classic British comedies on WILL-TV. **As Time Goes By** begins at 7 pm, followed by **Keeping Up Appearances** at 7:30 pm.



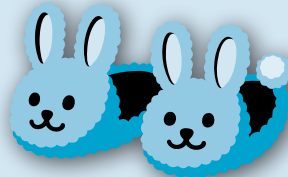
April 2

Settle in to the couch with some popcorn as two great shows return: **Call The Midwife**'s season 6 premiere at 7 pm and **Masterpiece Classic's Home Fires**' final season premiere at 8 pm.



April 3

Join Brian Moline for **NPR's Morning Edition** from 5 am-9 am on WILL-AM 580 to hear the latest news across the country and around the globe. Remember, proper footwear is essential to marathon training, so wear your comfiest slippers!



April 4

Flex your brain muscle while watching public broadcasting's premiere news magazine **Frontline** at 9 pm.

FRONTLINE



April 5

Listen as Vincent Trauth hosts **The Evening Concert** on WILL-FM 90.9 at 7 pm. This performance by the San Francisco Symphony is sure to soothe those sore muscles.



April 6

Practice your planting lunges as host Dianne Noland and our panel of experts help you get ready for spring gardening during **Mid-American Gardener** at 7 pm on WILL-TV.

April 7

Beware: today's training is your hardest yet, but well worth the effort. Tune in to WILL-TV for **Washington Week** at 7 pm and **Charlie Rose: The Week** at 7:30 pm to hear the latest in politics.



April 8

Pianist William Kapell is featured in **Classics of the Phonograph** with John Frayne at 11 am on WILL-FM 90.9. After yesterday's rough work, be sure to indulge in your greatest comforts and unwind to this performance recorded live in Australia.



April 9

Check out the weekly favorite **Wait, Wait... Don't Tell Me** at noon on WILL-AM 580. Core work can be challenging; be prepared to bust a gut laughing!



WAIT WAIT... DON'T TELL ME!
FROM NPR® & WBEZ® CHICAGO

April 10-12

It's time to get serious and really dig in to your training. Carbo-load, don your best yoga pants, and put up your feet to watch **American Experience's** presentation of **The Great War**, a three-part event airing at 8 pm each night.



April 12, 6:48 am

This is it. This is what we've been preparing for. You've done the work; you are ready to do this! Enjoy 26.2 hours of programming on WILL-TV, WILL-AM, and WILL-FM, all from your own couch.



April 13

We made it! Cross the Friends Finish Line, and join us inside Friends Plaza at Campbell Hall for a coffee and bagel bash presented by Einstein Bros. Bagels from 7-9:30 am.

