



# We're Getting Started!

## Summer 2010 Session B



| Week | Sunday      | Monday      | Tuesday     | Wednesday   | Thursday    | Friday | Saturday   | Date of Long Run       | Location                   | Start Time |
|------|-------------|-------------|-------------|-------------|-------------|--------|------------|------------------------|----------------------------|------------|
| 1    |             |             |             |             |             |        | 15 minutes | Aug. 21 <sup>st</sup>  | Donna HQ                   | 7:00       |
| 2    | off/walk    | off/walk    | off/walk    | off/walk    | off/walk    | off    | 20 minutes | Aug. 28 <sup>th</sup>  | Max Muscle                 | 7:00       |
| 3    | off/walk    | 19 min r/w  | 24 min walk | 21 min r/w  | 26 min walk | off    | 30 minutes | Sept. 4 <sup>th</sup>  | Focus Fitness              | 7:00       |
| 4    | off/walk    | 23 min r/w  | 28 min walk | 25 min r/w  | 30 min walk | off    | 40 minutes | Sept. 11 <sup>th</sup> | UNF                        | 7:00       |
| 5    | off/walk    | 27 min r/w  | 28 min walk | 29 min r/w  | 30 min walk | off    | 45 minutes | Sept. 18 <sup>th</sup> | TPC Clubhouse              | 7:00       |
| 6    | off/walk    | 30 min r/w  | 28 min walk | 30 min r/w  | 30 min walk | off    | 50 minutes | Sept. 25 <sup>th</sup> | 1 <sup>st</sup> Place Bay. | 7:00       |
| 7    | off/walk    | 30 min r/w  | 28 min walk | 30 min r/w  | 30 min walk | off    | 30 minutes | Oct. 2 <sup>nd</sup>   | Focus Fitness              | 7:00       |
| 8    | 26 min walk | 27 min walk | 28 min walk | 29 min walk | 30 min walk | off    | *5 km      | Oct. 9 <sup>th</sup>   | The Human Race             | 8:00       |

Times and locations subject to change. Email [Jaxtraining@breastcancermarathon.com](mailto:Jaxtraining@breastcancermarathon.com) for updates.

\*Race registration not included in Getting Started Program.