



The National Marathon to Finish Breast Cancer  
 Official Training Schedule  
 2011-2012  
 5K, 5 Mile Training

breastcancermarathon.com

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 5k/5Mile	2011 Date of Long Run	Location	Start Time
1	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	1 mile	31st	School Board	8:00
2	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	2 miles	Jan 7th	1st Place Bay.	8:00
3	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	3 miles	14th	Rail Trail	7:00
4	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	4 miles	21st	One Ocean	8:00
5	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	2 miles	28th	half only BCM HQ	7:00
6	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	4 miles	Feb 4th	One Ocean	8:00
7	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5k or Relay	12th	Mayo Clinic	6:30
8	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	18th	JRC - Tapestry	8:00
9	off/walk	30 min r/w	off/walk	30 min r/w	easy walk	off	5 miles	25th	JRC - Bartram	8:00

Times and locations subject to change. Email JaxTraining@BreastCancerMarathon.com for updates.

Race Registration not included with Training Program.

Please refer to Galloway Training Programs pages 17-30 to customize this schedule.