



The National Marathon to Finish Breast Cancer
 Official Training Schedule
 2011-2012
 Half Marathon Session B

breastcancermarathon.com

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 13.1	2011 Date of Long Run	Location	Start Time
1	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	3 miles	Oct. 29th	Donna HQ	7:00
2	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles	Nov. 5th	MM @ UNF	7:00
3	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles	12th	JRC - Tapestry	7:00
4	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6 miles	19th	Rail Trail	6:00
5	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles (solo)	26th	Happy Thanksgiving!	No Run
6	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	8 miles	Dec. 3rd	Focus Fitness	7:00
7	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	10th	Roosevelt Square	7:00
8	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	9.5 miles	17th	Rail Trail	6:00
9	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	24th	JRC - Tapestry	7:00
10	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	11 miles	31st	School Board	7:00
11	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Jan 7th	1st Place Bay.	7:00
12	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	12.5 miles	14th	Rail Trail	6:00
13	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	21st	One Ocean	7:00
14	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	14 miles	28th	half only BCM HQ	6:00
15	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	7 miles	Feb 4th	One Ocean	7:00
16	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	13.1 w/Donna	12th	Mayo Clinic	7:30
17	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	18th	JRC - Tapestry	8:00
18	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.