



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

breastcancermarathon.com

Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday 26.2	2011 Date of Long Run	Location	Start Time
1							3 miles	30th	Donna HQ	7:00
2	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	4 miles	August 6th	MM @ UNF	7:00
3	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	13th	One Ocean	7:00
4	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	6 miles	20th	Donna HQ	6:00
5	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	7 miles	27th	School Board	6:00
6	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	8 miles	Sept. 3rd	1st Place Bay.	6:00
7	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles	10th	MM @ UNF	6:00
8	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	10 miles	17th	Focus Fitness	6:00
9	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles	24th	Jax Muscle	6:00
10	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	12 miles	Oct. 1st	JRC - Bartram	6:00
11	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6 miles	8th	The Human Race	8:00
12	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	14 miles	15th	Fernandina Beach	6:45
13	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 km	22nd	Race for the Cure	9:00
14	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	17 miles	29th	Donna HQ	6:00
15	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
16	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles	12th	JRC - Tapestry	7:00
17	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	20 miles	19th	Rail Trail	6:00
18	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	
19	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
20	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	10th	Roosevelt Square	7:00
21	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	23 miles	17th	Rail Trail	6:00
22	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	24th	JRC - Tapestry	7:00
23	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	11 miles	31st	School Board	7:00
24	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
25	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	26 miles	14th	Rail Trail	6:00
26	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	21st	One Ocean	7:00
27	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	7 miles (solo)	28th	half only BCM HQ	6:00
28	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
29	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	26.2 w/Donna	12th	Mayo Clinic	7:30
30	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	18th	JRC - Tapestry	8:00
31	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.