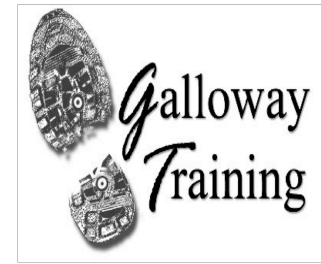




# We're Getting Started!

## Summer 2009 Session A



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday	Date of Long Run	Location	Start Time
1							15 minutes	June 6 <sup>th</sup>	Riverside YMCA	7 am
2	off/walk	off/walk	off/walk	off/walk	off/walk	off	20 minutes	June 13 <sup>th</sup>	Riverside YMCA	7 am
3	off/walk	19 min run/walk	24 min walk	21 min run/walk	26 min walk	off	30 minutes	June 20 <sup>th</sup>	Riverside YMCA	7 am
4	off/walk	23 min run/walk	28 min walk	25 min run/walk	30 min walk	off	40 minutes	June 27 <sup>th</sup>	Riverside YMCA	7 am
5	off/walk	27 min run/walk	28 min walk	29 min run/walk	30 min walk	off	45 minutes	July 4 <sup>th</sup>	Riverside YMCA	7 am
6	off/walk	30 min run/walk	28 min walk	30 min run/walk	30 min walk	off	50 minutes	July 11 <sup>th</sup>	Riverside YMCA	7 am
7	off/walk	30 min run/walk	28 min walk	30 min run/walk	30 min walk	off	30 minutes	July 18 <sup>th</sup>	Riverside YMCA	7 am
8	26 min walk	27 min walk	28 min walk	29 min walk	30 min walk	off	5 km	July 25 <sup>th</sup>	Riverside YMCA	7 am

Times and locations subject to change. Email [Jaxtraining@breastcancermarathon.com](mailto:Jaxtraining@breastcancermarathon.com) for updates.  
See Galloway Training Programs pp. 17 - 30 to customize this schedule.