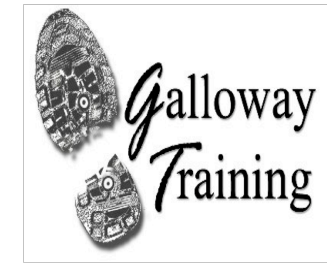




We're Getting Started!

Summer 2009 Session B



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday	Date of Long Run	Location	Start Time
1							15 minutes	Aug 29 th	Riverside YMCA	7 am
2	off/walk	off/walk	off/walk	off/walk	off/walk	off	20 minutes	Sept 5 th	One Ocean	7 am
3	off/walk	19 min run/walk	24 min walk	21 min run/walk	26 min walk	off	30 minutes	Sept 12 th	Jax Run Co.	7 am
4	off/walk	23 min run/walk	28 min walk	25 min run/walk	30 min walk	off	40 minutes	Sept 19 th	Focus Fitness	7 am
5	off/walk	27 min run/walk	28 min walk	29 min run/walk	30 min walk	off	45 minutes	Sept 26 th	Riverside YMCA	7 am
6	off/walk	30 min run/walk	28 min walk	30 min run/walk	30 min walk	off	50 minutes	Oct 3 rd	Focus Fitness	7 am
7	off/walk	30 min run/walk	28 min walk	30 min run/walk	30 min walk	off	30 minutes	Oct 10 th	School Board	7 am
8	26 min walk	27 min walk	28 min walk	29 min walk	30 min walk	off	5 km	Oct 17 th	Met. Park (Cure)*	8 am

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

* Race registration not included in training program.