

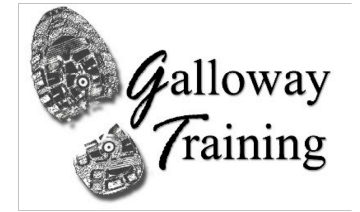


26.2 with Donna

The National Marathon to Fight Breast Cancer

Half-marathon Training Schedule

2009-2010



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Fri	Saturday	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. 31st	Riverside Y	7:00
2	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles	Nov. 7th	School Board	7:00
3	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles	Nov. 14th	MM@Focus Fitness	7:00
4	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6 miles	Nov. 21st	Riverside Y	7:00
5	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	Players 5km	Nov. 28th	TPC Sawgrass	8:00
6	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Dec. 5th	Roosevelt Square	7:00
7	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	8 miles	Dec. 12th	Rail Trail	7:00
8	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Dec. 19th	One Ocean (b)	7:00
9	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	9.5 miles	Dec. 26th	School Board	7:00
10	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Jan. 2nd	Rail Trail	7:00
11	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	11 miles	Jan. 9th	One Ocean	7:00
12	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Jan. 16th	Riverside Y (s)	7:00
13	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	12.5 miles	Jan. 23rd	Rail Trail	7:00
14	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	6 miles	Jan. 30th	Focus Fitness	7:00
15	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	14 miles	Feb. 6th	BCM HQ	6:00
16	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	7 miles	Feb. 13th	One Ocean	7:00
17	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	13.1 w/Donna	Feb. 21st	Mayo Clinic	7:30
18	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	Feb. 27th	Jax Running Co.	8:00
19	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	Mar. 6th	Jax Running Co.	8:00

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