



26.2 with Donna, The National Marathon to Fight Breast Cancer
Marathon Training Schedule 2009-2010



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Date of Long Run	Location	Start Time
1							3 miles	Aug. 1st	Riverside Y	7:00
2	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	4 miles	Aug. 8th	MM@Focus Fitness	7:00
3	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	Aug. 15th	Roosevelt Square	7:00
4	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	3 miles	Aug. 22nd	BCM HQ	7:00
5	off/XT	30-35 min r/w	off/XT	30-35 min r/w	easy walk	off	6 miles	Aug. 29th	Riverside Y	6:00
6	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	4 miles	Sept. 5th	One Ocean	6:00
7	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	7.5 miles	Sept. 12th	Jax Running Co.	6:00
8	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5 miles	Sept. 19th	MM@Focus Fitness	6:00
9	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	9 miles	Sept. 26th	Riverside Y	6:00
10	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6 miles	Oct. 3rd	Focus Fitness	6:00
11	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	10.5 miles	Oct. 10th	School Board	6:00
12	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	5Km	Oct. 17th	Met. Park (Cure)	8:00
13	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	12 miles	Oct. 24th	Fernandina Beach	6:00
14	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	6 miles	Oct. 31st	Riverside Y	6:00
15	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	14 miles	Nov. 7th	School Board	7:00
16	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
17	off/XT	30-40 min r/w	off/XT	30-40 min r/w	easy walk	off	17 miles	Nov. 21st	Riverside Y	7:00
18	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
19	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
20	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	20 miles	Dec. 12th	Rail Trail	6:00
21	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
22	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	8 miles	Dec. 26th	School Board	7:00
23	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	23 miles	Jan. 2nd	Rail Trail	6:00
24	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	7 miles	Jan. 9th	One Ocean	7:00
25	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
26	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	26 miles	Jan. 23rd	Rail Trail	6:00
27	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
28	off/XT	30-45 min r/w	off/XT	30-45 min r/w	easy walk	off	7 miles (solo)	Feb. 6th	no group run	
29	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
30	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	26.2 w/Donna	Feb. 21st	Mayo Clinic	7:30
31	off/XT	30 min r/w	off/XT	30 min r/w	easy walk	off	5 miles	Feb. 27th	Jax Running Co.	8:00
32	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.