FINISH breast cancer donna™

28 Days of DONNA Marathon Schedule

Week	Sunday	Mon (Run/Walk)	Tuesday	Wed (Run/Walk)	Thursday	Friday	Saturday (Run/Walk)
1	rest	1 mile	rest or cross train	1 mile	rest or cross train	rest	2 miles
2	rest	2 miles	rest or cross train	2 miles	rest or cross train	rest	3.1 miles (5K)
3	rest	2 miles	rest or cross train	2 miles	rest or cross train	rest	4 miles
4	rest	2 miles	rest or cross train	2 miles	rest or cross train	rest	3.1 miles (5K)

28 Days of DONNA 110 Schedule

Week	Sunday	Mon (Run/Walk)	Tuesday	Wed (Run/Walk)	Thursday	Friday	Saturday (Run/Walk)
1	3 miles	rest or cross train	3.5 miles	4 miles	5 miles	rest	10 miles
2	3.1 miles (5K)	rest or cross train	5 miles	3 miles	5 miles	rest	12 miles
3	3.1 miles (5K)	rest or cross train	5 miles	4 miles	5 miles	rest	10 miles
4	3.1 miles (5K)	rest or cross train	5 miles	3.1 miles (5K)	5 miles	rest	13.1 miles

Jeff Galloway TRAINING Run Walk Run

Visit jeffgalloway.com for tips on using run-walk-run to go faster, farther, safer