



7-Week Training Program Schedule

Training Sessions meet Saturdays at 8:00a.m., Chase Palm Park
 Questions? Please call (805) 898-3602

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1						Training Begins!... 3 miles	Cross Train 30 min
2	Stretch & Strengthen	2 miles	Cross Train 30 min	3 miles	Rest	4 miles	Cross Train 30 min
3	Stretch & Strengthen	2 miles	Cross Train 30 min	3 miles	Rest	5 miles	Cross Train 30 min
4	Stretch & Strengthen	3 miles	Cross Train 35 min	3.5 miles	Rest	6 miles	Cross Train 45 min
5	Stretch & Strengthen	3 miles	Cross Train 35 min	4 miles	Rest	8 miles	Cross Train 45 min
6	Stretch & Strengthen	3 miles	Cross Train 40 min	4 miles	Rest	8 miles	Cross Train 45 min
7	Stretch & Strengthen	2 miles	Cross Train 30 min	2 miles	Rest	6 miles	Cross Train 30 min
8	Stretch & Strengthen	2 miles	Cross Train 20 min	2 miles	Rest	Event DAY!	

Register for the walk before 3/1 for early-bird pricing: www.ccsb.org

Registration fee is waived for participants who raise \$100 or more!

Thank you for supporting breast cancer research at CCSB!