Training for the 2025 Georgia 2 -Day Walk for Breast Cancer						
* Walk 2-3 days during the week 20-40 minutes minimum.						
* If training for the 2-Day, try to do 2 sessions back to back, as per the schedule below.						
* Don't worry about speed, only distance.						
		2 day	2 day	Saturday only	Sunday only	
Saturday	**Sunday**	**Saturday (20 miles)**	**Sunday (10 miles)**	**20 miles**	**10 miles**	
4/12/2025	4/13/2025	**5 miles**		**5 miles**		**Marietta St. Joseph's**
4/19/2025	4/20/2025					
4/26/2025	4/27/2025					
5/3/2025	5/4/2025					
5/10/2025	5/11/2025	7 miles	3 miles	7 miles	3 miles	
5/17/2025	5/18/2025					
5/24/20205	5/25/2025					Memorial Day weekend
5/31/2025	6/1/2025	8 miles	4 miles	8 miles	4 miles	
6/7/2025	6/8/2025					
6/14/2025	6/15/2025					
6/21/2025	**6/22/2025**	**10 miles**	**5 miles**	**10 miles**	**5 miles**	**Training Walk in St. Mountain**
6/28/2025	6/29/2025					
7/5/2025	7/6/2025					July 4th weekend
7/12/2025	7/13/2025	12 miles	6 miles	12 miles	6 miles	
7/19/2025	7/20/2025					
7/26/2025	7/27/2025					
8/2/2025	8/3/2025	14 miles	7 miles	14 miles	7 miles	
8/9/2025	8/10/2025					
8/16/2025	8/17/2025					
8/23/2025	8/24/2025	15 miles	8 miles	15 miles	8 miles	
8/30/2025	8/31/2025					Labor Day weekend
9/6/2025	9/7/2025					
9/13/2025	**9/14/2025**	**17 miles**	**8 miles**	**17 miles**	**8 miles**	**Training Walk at GAABC**
9/20/2025	9/21/2025					
9/27/2025	9/28/2025					
10/4/2025	**10/5/2025**	**20 miles**	**10 miles**	**20 miles**	**10 miles**	
Blue = on your own		**Red = walk with GAABC**				