



JUMP START



2009 Schedule

May			
Monday	May 18	Information Session for Jump Start	6:00 p.m.
Tuesday	May 26	1 mile run/walk	6:00 p.m.
Wednesday	May 27	Rest or Run/Walk 30 min.	
Thursday	May 28	1.25 mile run/walk	6:00 p.m.
Friday	May 29	Run/Walk	
Saturday	May 30	1.25 mile run/walk	7:00 a.m.
Sunday	May 31	Run/Walk 30-60 min.	
June			
Monday	June 1	Rest or Run/Walk 30 min	
Tuesday	June 2	1.75 mile run/walk	6:00 p.m.
Wednesday	June 3	Rest or Run/Walk 30 min	
Thursday	June 4	1.5 mile run/walk	6:00 p.m.
Friday	June 5	Rest	
Saturday	June 6	1.75 mile run/walk	7:00 a.m.
Sunday	June 7	Run/Walk 35-60 min.	
Monday	June 8	Rest or Run/Walk 30 min	
Tuesday	June 9	2 mile run/walk	6:00 p.m.
Wednesday	June 10	Rest or Run/Walk 30 min	
Thursday	June 11	1.5 mile run/walk	6:00 p.m.
Friday	June 12	Rest	
Saturday	June 13	2 mile run/walk	7:00 a.m.
Sunday	June 14	Run/Walk 40-60 min.	
Monday	June 15	Rest or Run/Walk 30 min.	
Tuesday	June 16	2.25 mile run/walk	6:00 p.m.
Wednesday	June 17	Rest or Run/Walk 30 min	

* Jump Start meets downtown in front of the YMCA on Tuesdays and Thursdays @ 6:00 p.m. and Saturdays @ 7:00 a.m. (highlighted in gray above). The other days are listed to assist you with your training when we do not meet.

Thursday	June 18	1.75 mile run/walk	6:00 p.m.
Friday	June 19	Rest	
Saturday	June 20	2.25 mile run/walk	7:00 a.m.
Sunday	June 21	Run/Walk 45-60 min	
Monday	June 22	Rest or Run/Walk 30 min	
Tuesday	June 23	2.5 mile run/walk	6:00 p.m.
Wednesday	June 24	Cross Training 30 min.	
Thursday	June 25	2 mile run/walk	6:00 p.m.
Friday	June 26	Rest	
Saturday	June 27	2.75 mile run/walk	7:00 a.m.
Sunday	June 28	Cross Training 40 min.	
Monday	June 29	Cross Training 30 min.	
Tuesday	June 30	2.25 mile run/walk	6:00 p.m.
July			
Wednesday	July 1	Cross Training 30 min.	
Thursday	July 2	2.5 mile run/walk	6:00 p.m.
Friday	July 3	Rest	
Saturday	July 4	2.75 mile run/walk	7:00 a.m.
Sunday	July 5	Cross Training 40 min.	
Monday	July 6	Run/Walk 50 min.	
Tuesday	July 7	2.25 mile run/walk	6:00 p.m.
Wednesday	July 8	Cross Training 30 min.	
Thursday	July 9	2.5 mile run/walk	6:00 p.m.
Friday	July 10	Rest	
Saturday	July 11	3 mile run/walk Information Session for 13 Weeks to 13 Miles	7:00 a.m. @ Wesselman's Park
13 Weeks to 13 Miles Training			

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