

BOSTON[®] MARATHON JIMMY FUND WALK

12-WEEK, MARATHON WALK (26.2 MILES) TRAINING SCHEDULE

ABOUT THE JIMMY FUND WALK

On Sunday, October 1, 2023, participants will take to the Boston Marathon® course, or “walk their way” in their own local communities, for the 2023 Jimmy Fund Walk. The Boston Marathon® Jimmy Fund Walk presented by Hyundai raises the most money of any single-day Walk in the nation and has raised more than \$165 million since 1989 for Dana-Farber Cancer Institute. In 2022, more than 7,600 participants walked in their own communities and raised more than \$8.7 million.

Lace up your sneakers and walk on **Sunday, October 1, 2023!**

TRAINING PROGRAM

Participation in the Boston Marathon Jimmy Fund Walk training program (the “Program”) is entirely voluntary. By participating in the Program, you represent and warrant that you are physically fit and healthy to participate in the Program. You agree to use good judgment in all aspects of participation in the Program, to behave appropriately, and to comply with the rules for participation, if any. Participation in the Program may expose you to certain risks, which may include, but are not limited to, injury, illness, death, and damage to self and/or property, whether from exertion, weather conditions, the conditions of the course, vehicular traffic, and contact with other individuals or participants. Participants in the Program assume and take full responsibility for any and all risk of harm, injury, illness, death, or damage to self and/or property that may occur in connection with participation in the Program.

In consideration of your participation in the Program, you hereby, for yourself, and on behalf of your heirs, executors and assigns, waive, release and forever discharge Dana-Farber Cancer Institute (“DFCI”), DFCI’s affiliates, and their respective officers, trustees, employees, sponsors, coordinating groups, volunteers, representatives and agents, and all others in any way associated with the Program (collectively, the “Released Parties”) from any and all liability, claims, damages or rights of action of whatever nature or description, in equity or at law, present or future, resulting from or relating to your participation in the Program. This means that you will not sue DFCI or any of its affiliated persons or entities, or try to hold them legally or financially responsible, for any harm or injury that might relate to your taking part in the Program.

By participating in the Program, you hereby attest that you have read, fully understand, and agree without exception to all the provisions, releases, and waivers outlined herein. You understand that this is a legally binding document that limits the legal liability of the Released Parties.

FOR MORE INFORMATION:


Contact: Jimmy Fund Walk Staff at
EM: JimmyFundWalk@dfci.harvard.edu
PH: 866-531-9255

JULY						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jun. 25	Jun. 26	Jun. 27	Jun. 28	Jun. 29	Jun. 30	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	KICK OFF! 1 MILE or 15 minutes	3 MILES in 1 hour <i>Easy</i>	CROSS TRAIN 20-30 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	5 MILES in 1:30 hours <i>Moderate</i>
16	17	18	19	20	21	22
REST	REST	3 MILES in 1 hour <i>Easy</i>	CROSS TRAIN 20-30 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	6 MILES in 1:45 hours <i>Moderate</i>
23	24	25	26	27	28	29
REST	REST	3 MILES in 1 hour <i>Easy</i>	CROSS TRAIN 30-40 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	7 MILES in 1:45 hours <i>Brisk</i>
30	31	Aug. 1	Aug. 2	Aug. 3	Aug. 4	Aug. 5
REST	REST	4 MILES in 1:15 hours <i>Moderate</i>	CROSS TRAIN 30-40 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	8.5 MILES in 2:10 hours <i>Brisk</i>

AUGUST						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jul. 30	Jul. 31	1	2	3	4	5
REST	REST	4 MILES in 1:15 hours <i>Moderate</i>	CROSS TRAIN 30-40 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	8.5 MILES in 2:10 hours <i>Brisk</i>
6	7	8	9	10	11	12
REST	REST	4 MILES in 1:15 hours <i>Moderate</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1 hour <i>Brisk</i>	CROSS TRAIN 20-30 minutes	9 MILES in 2:30 hours <i>Brisk</i>
13	14	15	16	17	18	19
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1:10 hours <i>Moderate</i>	CROSS TRAIN 20-30 minutes	11 MILES in 3:15 hours <i>Moderate</i>
20	21	22	23	24	25	26
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1:10 hours <i>Moderate</i>	CROSS TRAIN 20-30 minutes	13 MILES in 3:30 hours <i>Brisk</i>
Aug. 27	Aug. 28	Aug. 29	Aug. 30	Aug. 31	Sept. 1	Sept. 2
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1:10 hours <i>Moderate</i>	CROSS TRAIN 20-30 minutes	16 MILES in 4:15 hours <i>Brisk</i>

SEPTEMBER						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Aug. 27	Aug. 28	Aug. 29	Aug. 30	Aug. 31	Sept. 1	Sept. 2
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1:10 hours <i>Moderate</i>	CROSS TRAIN 20-30 minutes	16 MILES in 4:15 hours <i>Brisk</i>
3	4	5	6	7	8	9
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1:10 hours <i>Moderate</i>	CROSS TRAIN 20-30 minutes	18 MILES in 4:45 hours <i>Brisk</i>
10	11	12	13	14	15	16
REST	REST	4 MILES in 1:20 hours <i>Easy</i>	CROSS TRAIN 30-40 minutes	4 MILES in 1 hour <i>Brisk</i>	CROSS TRAIN 20-30 minutes	20 MILES in 5:15 hours <i>Brisk</i>
17	18	19	20	21	22	23
REST	REST	3 MILES in 1 hour <i>Easy</i>	CROSS TRAIN 30-40 minutes	3.5 MILES in 1 hour <i>Moderate</i>	CROSS TRAIN 20-30 minutes	12 MILES in 3:15 hours <i>Brisk</i>
Sept. 24	Sept. 25	Sept. 26	Sept. 27	Sept. 28	Sept. 29	Sept. 30
REST	REST	2 MILES in 40 minutes <i>Easy</i>	REST	2 MILES in 40 minutes <i>Easy</i>	2 MILES in 40 minutes <i>Easy</i>	REST

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sept. 24	Sept. 25	Sept. 26	Sept. 27	Sept. 28	Sept. 29	Sept. 30
REST	REST	2 MILES in 40 minutes <i>Easy</i>	REST	2 MILES in 40 minutes <i>Easy</i>	2 MILES in 40 minutes <i>Easy</i>	REST
Oct. 1	2	3	4	5	6	7
26.2 MILES! 						
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Nov. 1	Nov. 2	Nov. 3	Nov. 4