



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 2/10/18

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	2/10/18	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	2/17/18	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	2/24/18	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	3/3/18	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	3/10/18	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	3/17/18	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	3/24/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	3/31/18	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/7/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	4/14/18	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	4/21/18	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	4/28/18	10 miles	10 mile Challenge Program Completion					