



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 5/12/18

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	5/12/18	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	5/19/18	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	5/26/18	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	6/2/18	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	6/9/18	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	6/16/18	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	6/23/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	6/30/18	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/7/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	7/14/18	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	7/21/18	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	7/28/18	10 miles	10 mile Challenge Program Completion					