



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 8/11/18

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	8/11/18	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	8/18/18	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	8/25/18	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	9/1/18	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	9/8/18	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	9/15/18	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	9/22/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	9/29/18	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	10/6/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	10/13/18	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	10/20/18	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	10/27/18	10 miles	10 mile Challenge Program Completion					