



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 11/10/18

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	11/10/18	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	11/17/18	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	11/24/18	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	12/1/18	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	12/8/18	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	12/15/18	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	12/22/18	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	12/29/18	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/5/19	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	1/12/19	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	1/19/19	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	1/26/19	10 miles	10 mile Challenge Program Completion					