



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 2/9/19

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	2/9/19	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	2/16/19	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	2/23/19	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	3/2/19	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	3/9/19	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	3/16/19	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	3/23/19	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	3/30/19	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/6/19	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	4/13/19	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	4/20/19	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	4/27/19	10 miles	10 mile Challenge Program Completion					