



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 5/11/19

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	5/11/19	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	5/18/19	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	5/25/19	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	6/1/19	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	6/8/19	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	6/15/19	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	6/22/19	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	6/29/19	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/6/19	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	7/13/19	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	7/20/19	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	7/27/19	10 miles	10 mile Challenge Program Completion					