TRAINING SCHEDULE FOR:
10 Mile Challenge –
Week Starting August 17, 2019

Week	Date	Sat	Sun	Mon	Tues	Wed	Thurs	Fri
1	8/17	3 Miles	Walk 30 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
2	8/24	4 Miles	Walk 30 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
3	8/31	5 Miles	Walk 30 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
4	9/7	6 Miles	Walk 40 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
5	9/14	5 Miles	Walk 40 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
6	9/21	7 Miles	Walk 40 min	Alternate Exercise	Run 30 min	Alternate Exercise	Run 30 min	Rest
7	9/28	5 Miles	Walk 50 min	Alternate Exercise	Run 30 -40 min	Alternate Exercise	Run 30 -40 min	Rest
8	10/5	8 Miles	Walk 50 min	Alternate Exercise	Run 30 -40 min	Alternate Exercise	Run 30 -40 min	Rest
9	10/12	5 Miles	Walk 50 min	Alternate Exercise	Run 30 -40 min	Alternate Exercise	Run 30 -40 min	Rest
10	10/19	9 Miles	Walk 50 min	Alternate Exercise	Run 30 -40 min	Alternate Exercise	Run 30 -40 min	Rest
11	10/26	6 Miles	Walk 50 min	Alternate Exercise	Run 30 -40 min	Alternate Exercise	Run 30 -40 min	Rest
12	11/2	**10 Mile Run – 10 Mile Challenge Program Graduation**						