



TRAINING SCHEDULE FOR:
10 Mile Challenge
Week Starting February 15, 2020

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	2/15	3 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	2/22	4 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	2/29	5 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	3/7	6 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	3/14	5 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	3/21	7 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	3/28	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	4/4	8 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	4/11	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	4/18	9 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	5/2	5 Mile Run – Pre-Conditioner Program Graduation						