



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

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	8/15	3 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	8/22	4 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	8/29	5 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	9/5	6 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	9/12	5 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	9/19	7 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	9/26	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	10/3	8 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	10/10	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	10/17	9 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	10/24	6 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	10/31	10 Mile Run – 10 Mile Challenge Program Graduation						