



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 6/5/21

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	6/5/21	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	6/12/21	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	6/19/21	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	6/26/21	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	7/3/21	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	7/10/21	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	7/17/21	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	7/24/21	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/31/21	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	8/7/21	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	8/14/21	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	8/21/21	10 miles	10 mile Challenge Program Completion					