



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 12/4/21

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	12/4/21	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	12/11/21	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	12/18/21	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	12/25/21	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	1/1/22	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	1/8/22	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	1/15/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	1/22/22	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/29/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	2/5/22	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	2/12/22	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	2/19/22	10 miles	10 mile Challenge Program Completion					