Pasadena Pacers

10 Mile Challenge Schedule

Week Started   3/4/23

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	3/4/23	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	3/11/23	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	3/18/23	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	3/25/23	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	4/1/23	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	4/8/23	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	4/15/23	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	4/22/23	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/29/23	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	5/6/23	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	5/13/23	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	5/20/23	10 miles	**10 mile Challenge Program Completion**					