



## Pasadena Pacers

### 10 Mile Challenge Schedule

Week Started 3/5/22

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	3/5/22	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	3/12/22	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	3/19/22	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	3/26/22	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	4/2/22	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	4/9/22	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	4/16/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	4/23/22	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/30/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	5/7/22	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	5/14/22	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	5/21/22	10 miles	<b>10 mile Challenge Program Completion</b>					