



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 6/4/22

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	6/4/22	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	6/11/22	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	6/18/22	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	6/25/22	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	7/2/22	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	7/9/22	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	7/16/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	7/23/22	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/30/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	8/6/22	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	8/13/22	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	8/20/22	10 miles	10 mile Challenge Program Completion					