



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 9/3/22

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	9/3/22	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	9/10/22	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	9/17/22	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	9/24/22	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	10/1/22	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	10/8/22	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	10/15/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	10/22/22	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	10/29/22	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	11/5/22	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	11/12/22	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	11/19/22	10 miles	10 mile Challenge Program Completion					