



Pasadena Pacers

10 Mile Challenge Schedule

Week Started 12/3/22

Week	Date-Sat	Mileage	SUN	MON	TUE	WED	THU	FRI
1	12/3/22	3 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
2	12/10/22	4 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
3	12/17/22	5 Miles	Walk 30 min	Alt Train	30 min	Alt Train	30 min	Rest
4	12/24/22	6 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
5	12/31/22	5 miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
6	1/7/23	7 Miles	Walk 40 min	Alt Train	30 min	Alt Train	30 min	Rest
7	1/14/23	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	1/21/23	8 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/28/23	5 Miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	2/4/23	9 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	2/11/23	6 miles	Walk 50 min	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	2/18/23	10 miles	10 mile Challenge Program Completion					