



**TRAINING SCHEDULE FOR:**  
**10 Mile Challenge**  
**Week Starting June 3, 2023**

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	6/3	3 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	6/10	4 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	6/17	5 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	6/24	6 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	7/1	5 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	7/8	7 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	7/15	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	7/22	8 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	7/29	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	8/5	9 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	8/12	6 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	<b>8/19</b>	<b>10 Mile Run – 10 Mile Challenge Program Graduation</b>						