



**TRAINING SCHEDULE FOR:**  
**10 Mile Challenge**  
**Week Starting August 31, 2024**

<b>Week</b>	<b>Date</b>	<b>Sat.</b>	<b>Sun.</b>	<b>Mon.</b>	<b>Tues.</b>	<b>Wed.</b>	<b>Thurs.</b>	<b>Fri.</b>
1	8/31	3 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	9/7	4 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	9/14	5 Miles	Walk 30 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	9/21	6 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	9/28	5 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	10/5	7 Miles	Walk 40 min.	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	10/12	5 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	10/19	8 Miles	Walk 50 min.	Alternate Exercise	Run 30 – 40	Alternate Exercise	Run 30 – 40	Rest

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9	10/26	5 Miles	Walk 50 min.	Alterna te Exercis e	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	11/2	9 Miles	Walk 50 min.	Alterna te Exercis e	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	11/9	6 Miles	Walk 50 min.	Alterna te Exercis e	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	<b>11/16</b>	<b>10 Mile Run – 10 Mile Challenge Program Graduation</b>						