



TRAINING SCHEDULE FOR:
2026 10 Mile Challenge - September 6th

Week	Date	Sat Miles	Sun	Mon	Tues	Wed	Thurs	Fri
1	9/6	3	Walk 30 min	Cross-Train 20 min	Run 30 min	Cross-Train 20 min	Run 30 min	Rest
2	9/13	4	Walk 30 min	Cross-Train 20 min	Run 30 min	Cross-Train 20 min	Run 30 min	Rest
3	9/20	5	Walk 30 min	Cross-Train 20 min	Run 30 min	Cross-Train 20 min	Run 30 min	Rest
4	9/27	6	Walk 40 min	Cross-Train 20 min	Run 40 min	Cross-Train 20 min	Run 30 min	Rest
5	10/04	5	Walk 40 min	Cross-Train 30 min	Run 40 min	Cross-Train 30 min	Run 30 min	Rest
6	10/11	7	Walk 40 min	Cross-Train 30 min	Run 40 min	Cross-Train 30 min	Run 30 min	Rest
7	10/18	5	Walk 40 min	Cross-Train 30 min	Run 50 min	Cross-Train 30 min	Run 40 min	Rest
8	10/25	8	Walk 50 min	Cross-Train 30 min	Run 40 min	Cross-Train 30 min	Run 40 min	Rest
9	11/01	5	Walk 50 min	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 40 mins	Rest
10	11/08	9	Walk 50 min	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 40 mins	Rest
11	11/15	6	Walk 50 min	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 40 mins	Rest
12	11/22	10	Walk 50 min	Cross-Train 40 min	Run 50 min	Cross-Train 40 min	Run 40 mins	Rest