

			10 Mile Club					
Week#	Date	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	April 10	3	Walk 30 min	Cross-train	Run 30 min	Cross-train	Run 30 min	Rest day
2	April 17	4	Walk 30 min	Cross-train	Run 30 min	Cross-train	Run 30 min	Rest day
3	April 24	5	Walk 30 min	Cross-train	Run 30 min	Cross-train	Run 30 min	Rest day
4	Jan 24	6	Walk 40 min	Cross-train	Run 40 min	Cross-train	Run 30 min	Rest day
5	May 1	5	Walk 40 min	Cross-train	Run 40 min	Cross-train	Run 30 min	Rest day
6	May 8	7	Walk 40 min	Cross-train	Run 40 min	Cross-train	Run 30 min	Rest day
7	May 15	5	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day
8	May 22	8	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day
9	May 29	5	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day
10	June 5	9	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day
11	June 12	6	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day
12	June 26	Run 10 miles	Walk 50 min	Cross-train	Run 50 min	Cross-train	Run 40 min	Rest day