

Miles		10 Mile Training						
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
3/2		4 mile walk		3 mile walk		5 mile walk		
3/9		4 mile walk		3 mile walk		6 mile walk		
3/16		3 mile walk		3 mile walk		7 mile walk		
3/23		5 mile walk		3 mile walk		8 mile walk		
3/30		5 mile walk		3 mile walk		9 mile walk		
4/6		3 mile walk		2 mile walk		10 mile walk		

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3/2		3 mile walk		6 mile walk		9 mile walk		
3/9		4 mile walk		7 mile walk		12 mile walk		
3/16		4 mile walk		8 mile walk		15 mile walk		
3/23		6 mile walk		10 mile walk		18 mile walk		
3/30		5 mile walk		5 mile walk		15 mile walk		
4/6		5 mile walk		3 mile walk		20 mile walk		