

# Walk Challenge



**ADVENTURE  
STAGE  
CHICAGO**



**Spring 2020**

MONDAY <b>Rest Day</b>	TUESDAY <b>15 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 1</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>1.5 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>30+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>15 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 2</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>1.75 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>35+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>20 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 3</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>2 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>40+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>20 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 4</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>2.25 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>45+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>25 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 5</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>2.5 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>50+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>25 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 6</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>2.75 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>55+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>30 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 7</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>3 Mile Walk</b>	SATURDAY <b>Rest Day</b>	SUNDAY <b>60+ min walk</b>
MONDAY <b>Rest Day</b>	TUESDAY <b>30 Min Walk</b>	WEDNESDAY <b>15 Min Walk</b>	<b>Week 8</b> THURSDAY <b>Rest Day</b>	FRIDAY <b>3.25 Mile Walk</b>	<b>SETTLEMENT SATURDAY!</b>	