



PRE-CONDITIONERS TRAINING SCHEDULE

WEEK	DATE	SAT Run/Walk	SUN	MON	TUES	WED	THUR	FRI
1	9/4	3 MILES 9/4/21 1minR/5minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
2	9/11	4 MILES 9/11/21 2minR/4minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
3	9/18	4 MILES 9/18/21 3minR/3minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
4	9/25	4 MILES 9/25/21 4minR/2minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
5	10/2	5 MILES 10/2/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
6	10/9	5 MILES 10/9/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
7	10/16	4 MILES 10/16/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
8	10/23	4 MILES 10/23/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
9	10/30	5 MILES 10/30/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
10	11/6	5 MILES 11/6/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
11	11/13	5 MILES 11/13/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
12	11/20	6.2 MILES (10K) 11/20/21 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST

Midweek cross training helps balance your training by engaging different muscles. These workouts can be yoga, biking or weight training. Stretch after your workout when your muscles are warm to help your body recover.