



PRE-CONDITIONERS TRAINING PROGRAM

September 3, 2022 – November 19, 2022

WEEK	DATE	SAT Run/Walk	SUN	MON	TUES	WED	THUR	FRI
1	9/3	3 MILES 1minR/5minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
2	9/10	4 MILES 2minR/4minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
3	9/17	4 MILES 3minR/3minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
4	9/24	4 MILES 4minR/2minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
5	10/1	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
6	10/8	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
7	10/15	4 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
8	10/22	4 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
9	10/29	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
10	11/5	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
11	11/12	5 MILES 5minR/1minW	HIKE/WALK	2-3 MILES	STRENGTH & CORE TRAINING	2-3 MILES	CROSS TRAINING	REST
12	11/19	6.2 MILES (10K) 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.