

Week	Date-Sat	Run	Walk	Total		SUN	MON	TUE	WED	THU	FRI
1	11/18/17	1 min	5 min	30 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	11/25/17	2 min	4 min	30 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	12/2/17	3 min	3 min	30 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	12/9/17	4 min	2 min	30 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	12/16/17	5 min	1 min	30 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	12/23/17	5 min	1 min	36 min		Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	12/30/17	5 min	1 min	42 min		Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	1/6/18	5 min	1 min	48 min		Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/13/18	5 min	1 min	54 min		Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	1/20/18	5 min	1 min	60 min		Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	1/27/18	5 min	1 min	72 min		Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	2/3/18	5 Mile Run - Pre-Conditioning Program Completion									