



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 11/10/18

| Week | Date-Sat | Run | Walk | Total | SUN | MON | TUE | WED | THU | FRI |
|------|----------|---|-------|--------|------|-----------|-----------|-----------|-----------|------|
| 1 | 11/10/18 | 1 min | 5 min | 30 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 2 | 11/17/18 | 2 min | 4 min | 30 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 3 | 11/24/18 | 3 min | 3 min | 30 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 4 | 12/1/18 | 4 min | 2 min | 30 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 5 | 12/8/18 | 5 min | 1 min | 30 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 6 | 12/15/18 | 5 min | 1 min | 36 min | Rest | Alt Train | 30 min | Alt Train | 30 min | Rest |
| 7 | 12/22/18 | 5 min | 1 min | 42 min | Rest | Alt Train | 30-40 min | Alt Train | 30-40 min | Rest |
| 8 | 12/29/18 | 5 min | 1 min | 48 min | Rest | Alt Train | 30-40 min | Alt Train | 30-40 min | Rest |
| 9 | 1/5/19 | 5 min | 1 min | 54 min | Rest | Alt Train | 30-40 min | Alt Train | 30-40 min | Rest |
| 10 | 1/12/19 | 5 min | 1 min | 60 min | Rest | Alt Train | 30-40 min | Alt Train | 30-40 min | Rest |
| 11 | 1/19/19 | 5 min | 1 min | 72 min | Rest | Alt Train | 30-40 min | Alt Train | 30-40 min | Rest |
| 12 | 1/26/19 | 5 Mile Run - Pre-Conditioning Program Completion | | | | | | | | |