



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 2/9/19

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	2/9/19	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	2/16/19	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	2/23/19	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	3/2/19	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	3/9/19	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	3/16/19	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	3/23/19	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	3/30/19	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/6/19	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	4/13/19	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	4/20/19	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	4/27/19	5 Mile Run - Pre-Conditioning Program Completion								