



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 5/11/19

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	5/11/19	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	5/18/19	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	5/25/19	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	6/1/19	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	6/8/19	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	6/15/19	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	6/22/19	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	6/29/19	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/6/19	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	7/13/19	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	7/20/19	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	7/27/19	5 Mile Run - Pre-Conditioning Program Completion								