



TRAINING SCHEDULE FOR:
Pre-Conditioners
Week Starting February 15, 2020

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	2/15	Run 1 min Walk 5 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	2/22	Run 2 min Walk 4 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	2/29	Run 3 min Walk 3 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	3/7	Run 4 min Walk 2 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	3/14	Run 5 min Walk 1 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	3/21	Run 5 min Walk 1 min (36 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	3/28	Run 5 min Walk 1 min (42 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	4/4	Run 5 min Walk 1 min (48 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	4/11	Run 5 min Walk 1 min (54 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	4/18	Run 5 min Walk 1 min (60 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	4/25	Run 5 min Walk 1 min (66 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	5/2	5 Mile Run – Pre-Conditioner Program Graduation						