



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

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	8/15	Run 1 min Walk 5 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	8/22	Run 2 min Walk 4 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	8/29	Run 3 min Walk 3 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	9/5	Run 4 min Walk 2 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	9/12	Run 5 min Walk 1 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	9/19	Run 5 min Walk 1 min (36 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	9/26	Run 5 min Walk 1 min (42 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	10/3	Run 5 min Walk 1 min (48 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	10/10	Run 5 min Walk 1 min (54 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	10/17	Run 5 min Walk 1 min (60 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	10/24	Run 5 min Walk 1 min (66 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	10/31	5 Mile Run – Pre-Conditioner Program Graduation						