



**TRAINING SCHEDULE FOR:**  
**Pre-Conditioners**  
**Week Starting November 14, 2020**

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	11/14	Run 1 min Walk 5 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	11/21	Run 2 min Walk 4 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	11/28	Run 3 min Walk 3 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	12/5	Run 4 min Walk 2 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	12/12	Run 5 min Walk 1 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	12/19	Run 5 min Walk 1 min (36 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	12/26	Run 5 min Walk 1 min (42 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	1/2	Run 5 min Walk 1 min (48 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	1/9	Run 5 min Walk 1 min (54 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	1/16	Run 5 min Walk 1 min (60 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	1/23	Run 5 min Walk 1 min (66 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	<b>1/30</b>	<b>5 Mile Run – Pre-Conditioner Program Graduation</b>						