



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 6/5/21

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	6/5/21	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	6/12/21	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	6/19/21	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	6/26/21	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	7/3/21	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	7/10/21	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	7/17/21	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	7/24/21	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/31/21	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	8/7/21	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	8/14/21	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	8/21/21	5 Mile Run - Pre-Conditioning Program Completion								