



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 9/4/21

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	9/4/21	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	9/11/21	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	9/18/21	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	9/25/21	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	10/2/21	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	10/9/21	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	10/16/21	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	10/23/21	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	10/30/21	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	11/6/21	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	11/13/21	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	11/20/21	5 Mile Run - Pre-Conditioning Program Completion								