



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 12/4/21

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	12/4/21	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	12/11/21	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	12/18/21	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	12/25/21	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	1/1/22	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	1/8/22	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	1/15/22	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	1/22/22	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/29/22	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	2/5/22	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	2/12/22	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	2/19/22	5 Mile Run - Pre-Conditioning Program Completion								