



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started **3/4/23**

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	3/4/23	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	3/11/23	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	3/18/23	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	3/25/23	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	4/1/23	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	4/8/23	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	4/15/23	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	4/22/23	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/29/23	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	5/6/23	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	5/13/23	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	5/20/23	5 Mile Run - Pre-Conditioning Program Completion								