



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 3/5/22

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	3/5/22	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	3/12/22	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	3/19/22	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	3/26/22	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	4/2/22	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	4/9/22	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	4/16/22	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	4/23/22	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	4/30/22	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	5/7/22	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	5/14/22	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	5/21/22	5 Mile Run - Pre-Conditioning Program Completion								