



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 6/4/22

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	6/4/22	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	6/11/22	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	6/18/22	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	6/25/22	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	7/2/22	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	7/9/22	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	7/16/22	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	7/23/22	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	7/30/22	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	8/6/22	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	8/13/22	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	8/20/22	5 Mile Run - Pre-Conditioning Program Completion								