



Pasadena Pacers

PRE CONDITIONER SCHEDULE

Week Started 9/3/22

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	9/3/22	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	9/10/22	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	9/17/22	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	9/24/22	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	10/1/22	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	10/8/22	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	10/15/22	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	10/22/22	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	10/29/22	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	11/5/22	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	11/12/22	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	11/19/22	5 Mile Run - Pre-Conditioning Program Completion								