



# Pasadena Pacers

## PRE CONDITIONER SCHEDULE

Week Started 12/3/22

Week	Date-Sat	Run	Walk	Total	SUN	MON	TUE	WED	THU	FRI
1	12/3/22	1 min	5 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
2	12/10/22	2 min	4 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
3	12/17/22	3 min	3 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
4	12/24/22	4 min	2 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
5	12/31/22	5 min	1 min	30 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
6	1/7/23	5 min	1 min	36 min	Rest	Alt Train	30 min	Alt Train	30 min	Rest
7	1/14/23	5 min	1 min	42 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
8	1/21/23	5 min	1 min	48 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
9	1/28/23	5 min	1 min	54 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
10	2/4/23	5 min	1 min	60 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
11	2/11/23	5 min	1 min	72 min	Rest	Alt Train	30-40 min	Alt Train	30-40 min	Rest
12	2/18/23	<b>5 Mile Run - Pre-Conditioning Program Completion</b>								