

WHITTIER PACERS
PRE-CONDITIONERS PROGRAM

September 3, 2022



	Saturday				Midweek Run/Walk #1	Midweek Run/Walk #2
	Run	Walk	#	Totl		
Week 1	1 min	5 min	5	30 min	20-30 min	20-30 min
Week 2	2 min	4 min	5	30 min	20-30 min	20-30 min
Week 3	3 min	3 min	5	30 min	20-30 min	20-30 min
Week 4	4 min	2 min	5	30 min	20-30 min	20-30 min
Week 5	5 min	1 min	5	30 min	20-30 min	20-30 min
Week 6	5 min	1 min	6	36 min	20-30 min	20-30 min
Week 7	5 min	1 min	7	42 min	30-40 min	30-40 min
Week 8	5 min	1 min	8	48 min	30-40 min	30-40 min
Week 9	5 min	1 min	9	54 min	30-40 min	30-40 min
Week 10	5 min	1 min	10	60 min	30-40 min	30-40 min
Week 11	5 min	1 min	11	66 min	30-40 min	30-40 min
Week 12	5 min	1 min	12	5 miles!		

OTHER WORKOUTS

Sunday: Rest or cross-train. I like to go for a walk.

Midweek: Cross-train 2x. Do something other than running like walking, hiking, cycling, swimming, yoga, gym class, weights, etc.

Friday: Rest