

**WHITTIER PACERS**  
**PRE-CONDITIONERS PROGRAM**

DECEMBER 3, 2022



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