



## PRE-CONDITIONERS TRAINING PROGRAM

**September 7, 2024 – November 23, 2024**

| WEEK | DATE  | SAT<br>Run/Walk  | SUN       | MON          | TUES                        | WED       | THUR              | FRI  |
|------|-------|--|-----------|--------------|-----------------------------|-----------|-------------------|------|
| 1    | 9/7   | <b>3 MILES</b><br><b>1minR/5minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 2    | 9/14  | <b>4 MILES</b><br><b>2minR/4minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 3    | 9/21  | <b>4 MILES</b><br><b>3minR/3minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 4    | 9/28  | <b>4 MILES</b><br><b>4minR/2minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 5    | 10/5  | <b>5 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 6    | 10/12 | <b>5 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 7    | 10/19 | <b>4 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 8    | 10/26 | <b>4 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 9    | 11/2  | <b>5 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 10   | 11/9  | <b>5 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 11   | 11/16 | <b>5 MILES</b><br><b>5minR/1minW</b>                   | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |
| 12   | 11/23 | <b>6.2 MILES</b><br><b>(10K)</b><br><b>5minR/1minW</b> | HIKE/WALK | 2-3<br>MILES | STRENGTH &<br>CORE TRAINING | 2-3 MILES | CROSS<br>TRAINING | REST |

Midweek cross training helps balance your training by engaging different muscles. These workouts can be yoga, biking or weight training. Stretch after your workout when your muscles are warm to help your body recover.