



TRAINING SCHEDULE FOR:
Pre-Conditioners
Week Starting August 31, 2024

Week	Date	Sat.	Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.
1	8/31	Run 1 min Walk 5 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
2	9/7	Run 2 min Walk 4 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
3	9/14	Run 3 min Walk 3 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
4	9/21	Run 4 min Walk 2 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
5	9/28	Run 5 min Walk 1 min (30 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
6	10/5	Run 5 min Walk 1 min (36 min)	Rest	Alternate Exercise	Run 30 min.	Alternate Exercise	Run 30 min.	Rest
7	10/12	Run 5 min Walk 1 min (42 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
8	10/19	Run 5 min Walk 1 min (48 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
9	10/26	Run 5 min Walk 1 min (54 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
10	11/2	Run 5 min Walk 1 min (60 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
11	11/9	Run 5 min Walk 1 min (66 min)	Rest	Alternate Exercise	Run 30 – 40 min.	Alternate Exercise	Run 30 – 40 min.	Rest
12	11/16	5 Mile Run – Pre-Conditioner Program Graduation						