

**THOUSAND  OAKS**  
**PACERS**  
*Conejo Valley's FREE Running Club*

Week#	Sunday Main Workout				Workout Sessions After Sunday					
	Date	Run Interval	Walk Interval	Workout Duration	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	Jul 10	1 min	5 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
2	Jul 17	2 min	4 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
3	Jul 24	3 min	3 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
4	Jul 31	4 min	2 min	30min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
5	Aug 7	5 min	1 min	30 min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
6	Aug 14	5 min	1 min	36 min	Rest day	Cross-train	20-30 min	Cross-train	20-30 min	Rest day
7	Aug 21	5 min	1 min	42 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day
8	Aug 28	5 min	1 min	48 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day
9	Sep 4	5 min	1 min	54 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day
10	Sep 11	5 min	1 min	60min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day
11	Sep 18	5 min	1 min	66 min	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day
12	Sep 25	5 min	1 min	<b>5 mile run!</b>	Rest day	Cross-train	30-40 min	Cross-train	30-40 min	Rest day

Presented by Dr. Rich Cimadoro, DC

