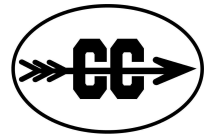




June 17 (or 18), 2023



### WARM-UP

**Jog for 10-15 minutes.**

### DYNAMIC STRETCHING

**10-15 minutes.**

Perform each "bounding" stretch twice, each time approximately 50 yards. Perform each of the other stretches for approximately 15 seconds on each side. Perform in any order.

- High Knees (bounding)
- Bottom Kicks (bounding)
- Power Skipping (bounding)
- Fast Feet (bounding)
- Hurdles
- Front/Back Leg Swings
- Lateral Leg Swings

### WORKOUT

Conversation Pace - Conversation Pace - Conversation Pace (CP)

Goal: Run 5.5 miles non-stop at CP. If you feel you need to stop...try to keep walking until you're ready to resume running. Prevent your heart rate from returning to your resting heart rate.

### COOL-DOWN

Static stretching (e.g., calf stretches, quad stretches, butterflies)

### COACH'S COMMENT

I'm looking forward to seeing everyone again Monday morning at the Sportsplex!

*I can do all things through Christ who strengthens me.  
-Philippians 4:13*