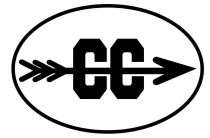




June 27, 2023



### WARM-UP

**Jog for 5 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 the same 4 miles as yesterday; however, run the middle portion at Max Conversation Pace (The first and last third of the run should be at Easy Conversation Pace).**

### COOL-DOWN

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

### COACH'S COMMENT

Starting to get hot this week. Hydrate!

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