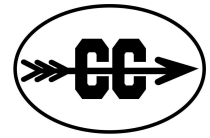




June 19, 2023



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 3.5 miles non-stop at any Conversation Pace. This is an easy recovery run. This will continue to build your aerobic base while providing the additional recovery from the long run this past weekend.

COOL-DOWN

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

COACH'S COMMENT

Be safe ... treadmills may be in order for today. Ensure outside runs are in a safe location. Do NOT approach any downed power lines. Staying off public roads may also be in order for today. Red Cross assistance vehicles will be in our area today. Do NOT take any risks ... You can't make it to the finish line, if you don't make it to the starting line.

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