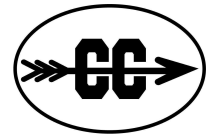




June 15, 2023



### 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 4.0 miles at max. conversation pace. This pace was determined in Tuesday's workout. Do NOT run faster than you can while maintaining a conversation. Run faster than your warm-up pace. It can be tiring to find your max. CP pace because you may exceed CP and need to slow down. After a few workouts, you will easily recognize your max. CP and will naturally avoid exceeding it.

### COOL-DOWN

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

### COACH'S COMMENT #4

Run relaxed. No grimacing (remember the Borg chart). Your hands shouldn't be forming fists, they should be held as if you were carrying a potato chip between your thumb and index finger. Any extra force would break the chip. Grimaces and fists waste energy. That should be a bumper sticker: "Don't waste your energy with grimaces and fists!"

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