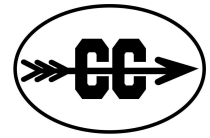




July 1 or 2, 2023



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: This is the weekly "Long Run". Run 6 miles at any Conversation Pace. Adjust the distance as necessary with the goal of running 50% farther than the average daily run.

COOL-DOWN

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

COACH'S COMMENT

CONGRATULATIONS!!

You made it through the first month of ~~torture~~ training, completing the first mesocycle on the periodization chart. You have spent a month building an aerobic base. The next mesocycle entails more aerobic-building runs, while incorporating "Threshold" runs. These runs will increase your threshold/tolerance to lactic acid and other waste byproducts generated when running speeds requiring more energy than the aerobic system can provide.

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