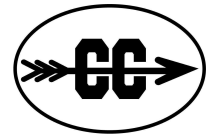




June 24, 2023



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 a "Long Run" Day. Run 6 miles at Conversation Pace.

COOL-DOWN

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

COACH'S COMMENT

The "Long Run" ideally is a distance (or time) approximately 50% longer than your average run over the past week. So, if you are running around 4 miles during your normal workouts, try the 6 mile distance. If you are running approximately 30 minutes each day during the week, try running for 45 minutes, and so on...

Six miles is likely the longest run that will appear on our workouts. However, listen to your body. If it's telling you to cut it short, do so. If you feel great, and it's telling you that you can do more, go ahead.

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