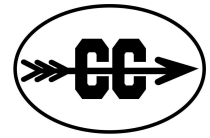




June 13, 2023



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 non-stop at max. Conversation Pace. At this pace you can still easily have a conversation; however, if you went any faster it would become difficult. If you find it difficult to have a conversation, slow down. The goal of this workout is to maintain conversation pace, while ensuring we are not maintaining "warm up" pace.

COOL-DOWNY

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

COACH'S COMMENT #2

Make sure to get plenty of sleep and eat well. Remember rest and nutrition are not things you do in addition to training - THEY ARE TRAINING.

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