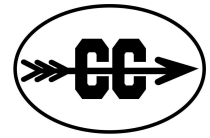




June 9, 2023



### WARM-UP

**Jog for 10-15 minutes.**

Referring to the Borg Chart ([www.knighthawksnation.com/cross-country/documents-2](http://www.knighthawksnation.com/cross-country/documents-2)). The warm-up pace is described as "I'm comfortable and I can maintain this pace all day long". This warm-up pace is approximately 35% of your maximum heart rate, slightly above "I'm watching TV and eating bon bons".

### 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 CP. If you feel you need to stop...try to keep walking until you're ready to resume running. Try to prevent your heart rate from returning back to your resting heart rate.

### COOL-DOWN

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

### BIG PICTURE

For the remainder of this week and for the next two weeks, we are focusing on Long, Slow Distance (LSD). Building a pre-competition base is critical. Remember - LSD increases mitochondria (cell's power house) size and density, increases heart stroke volume (amount of blood pumped each beat), and increases capillary size and density.

After we build a strong distance base, we will begin short, slightly faster threshold/tempo runs. These will help build a tolerance to acidic waste products.