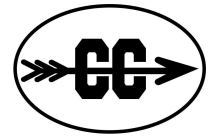




June 23, 2023



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: This is a "Recovery/Rest" Day. This is an easy 3 mile run at a comfortable Conversation Pace and is a **recovery** from yesterday's "Effort Day" and a **rest** before this weekend's "Long Run". The directions and route are attached. I will try to record your 1 mile, 2 mile and 3 mile split times.

COOL-DOWN

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

COACH'S COMMENT

Do not allow the fact that I am documenting mile splits affect your pace. We will use the data to set individual goals. And, once we set our individual goals, then we can determine our tempo and interval training pace. It is NOT a time-trial or anything associated with "qualifying" for anything. It's simply just part of the training process.

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

LAUREL SPORTSPLEX 3-MILE

- Start at picnic tables and follow edge of road towards natatorium.
- Turn left onto entrance road, and go around Enter sign.
- Run uphill to the beginning loop of walking trail.
- Follow walking trail to the end loop.
- Turn left around tennis courts.
- Turn left around tennis courts and continue along left side of tennis parking area.
- Turn right onto road, and follow left edge of road to soccer field roundabout.
- Go around roundabout and follow left edge of parking lot.
- Cross road and run to transformer.
- Turn right around transformer.
- Turn right around tree before creek.
- Turn right run along creek until land bridge over creek.
- Turn left onto land bridge.
- Turn right and run along baseball field fence.
- **1 Mile located at first Large Light Post.**
- Turn right onto wood bridge, and continue to end of bridge.
- Turn right onto wide straight trail.
- Turn right onto single track trail.
- Continue to follow entire trail loop until you return to the wide straight trail.
- Turn left onto the wide straight trail.
- **2 Mile located approximately 10 yards before wood bridge.**
- Turn left onto wood bridge and continue to end of bridge.
- Turn left and run along baseball field fence.
- Turn left at land bridge.
- Turn right and run around tree after creek. (same tree).
- Turn left and run across street onto grass area across the street.
- Run to the left of trees.
- Turn right around grove of trees.
- Run to the left of tennis courts.
- Turn right after tennis courts and run to the end loop of walking trail.
- Follow walking trail to beginning loop.
- Run down grass hill and turn right around the Enter sign.
- Cross road and run to the left of the parking lot.
- Cross ditch and turn right and run along baseball field fence.
- Turn left at batting cages.
- Turn right after covered area.
- Turn right and run to the left of batting cages.
- Cross wood bridge and return to picnic area.
- **3 Mile located at picnic area.**

