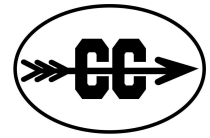




June 21, 2023



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 3.5 miles at any Conversation Pace. This should be an easy run after yesterday's effort run.

COOL-DOWN

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

COACH'S COMMENT

Everyone is doing a great job. Keep up the effort. Next week will be the last week doing exclusively Long Slow Distance.

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