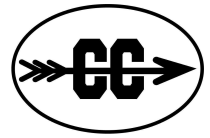




June 14, 2023



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 non-stop at Conversation Pace. This is a "Short-Easy-Recovery Run". This is the same workout as Monday. On Monday it was used to recovery from the weekends long run. Today it is a recovery from yesterday's effort to find max. Conversation Pace.

COOL-DOWN

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

COACH'S COMMENT #3

Two Thumbs Up!

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