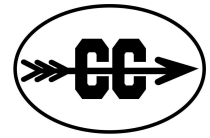




June 22, 2023



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 an "Effort Day". This workout is essentially the same as the one on Tuesday. Run 4.5 at Max. Conversation Pace.

COOL-DOWN

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

COACH'S COMMENT

Your mileage is really starting to accumulate, which is what we want in the first mesocycle of our training (refer to the periodization chart). If you are finding it a struggle to complete the entire distance and/or workout, please do not despair. Do what you can, and continue to build your aerobic base. After only 20 minutes of Long Slow Distance, you are beginning to increase mitochondria size and density, capillary size and density and heart stroke volume. As these adaptations occur, the easier it will be to build up to longer runs.

Remember: Our sport is what athletes in other sports are required to do as punishment!

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