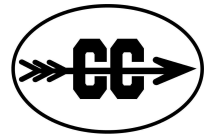




June 29, 2023



WARM-UP

Jog for 5 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". Run 4 miles. First third at Easy Conversation Pace. Middle Third at Maximum Conversation Pace and last third at Easy Conversation Pace.

COOL-DOWN

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

COACH'S COMMENT

Near record high temperatures are expected. Listen to your body, do not overexert in unsafe temperatures. Modify workout as needed to avoid heat-related illnesses.

You can recover from missing a workout. Much harder to recover from heat-related illnesses.

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