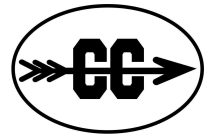




June 16, 2023



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 "Recovery Run" used to recover from the effort of finding your maximum Conversation Pace.

COOL-DOWN

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

COACH'S COMMENT

I hope you are beginning to enjoy your recovery runs on Mondays, Wednesdays and Fridays. They will really seem like easy days as the season progresses. Run these at whatever Conversation Pace that feels good that day. Effort days will typically be Tuesday and Thursday. Plan on a long run and a rest day every weekend. These long runs should also become an enjoyable easy run.

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