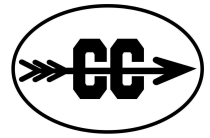




June 12, 2023



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". Although it is a legitimate workout, it is shorter than the the long run you did over the weekend.

COOL-DOWN

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

COACH'S COMMENT #1

CONGRATULATIONS!!! You survived week 1. Each and everyone of you should be proud of this accomplishment. You've completed one of the hardest parts of training - getting started. Remember, the hardest part of every workout is lacing up the shoes. Have faith in the program, and more importantly have faith in yourselves. You have the strength.

I can do all things through Christ who strengthens me.

-Philippians 4:13