



June 20, 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 4.5 miles at Max. Conversation Pace. Do not allow yourself to exceed conversation pace, this will allow lactate acid (acidosis) to build up and cause premature fatigue. We will work on threshold/tempo runs soon, which will address acidosis. After the run today, run six (6) striders.

### COOL-DOWN

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

### COACH'S COMMENT

Strider Definition: Run approximately 100 meters. Start run at Conversation Pace and accelerate to the 50 meter mark. At that point, decelerate to finish at your Conversation Pace. The pace at the 50 meter mark should be fast (faster than your 5 KM race pace, but not your fastest sprint. Also, you are not maintaining this pace, you are reaching this pace then slowing back down. Allow plenty of recovery time between strides. This is NOT meant to be a demanding workout.

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