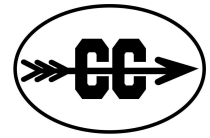




June 10 (or 11), 2023



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 5.0 miles non-stop at CP. If you feel you need to stop...try to keep walking until you're ready to resume running. Try to prevent your heart rate from returning back to your resting heart rate. There will be a "Long Run" in the training schedule every weekend. It can be performed either Saturday or Sunday. The other weekend day should be complete rest.

COOL-DOWN

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

RUNNING TIP #1

Many of you may be using a treadmill to perform your workouts "at home". Consider (not required) inclining your treadmill to 1% to better emulate the effort of running outside. Although wind resistance is minimal at our running pace, oxygen-use studies have shown that running on solid ground takes more effort than a treadmill. Outside, you are propelling yourself forward while on the treadmill you are, to a small extent, elevating yourself while the "road" performs some of the lateral movement.