



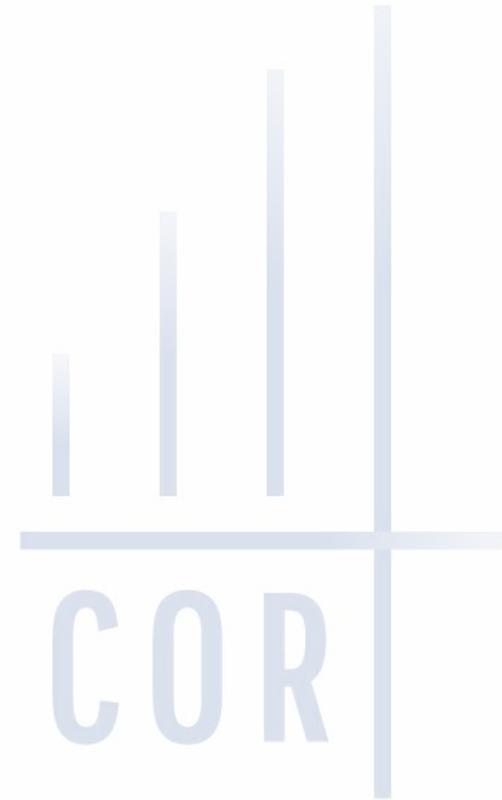
Warm Up: **Cardio Day!**

- 50 External Steps(ttl)
- 50 Dorsiflex Heel Steps(ttl)
- 30 Iso High Knee(ea)
- 30 MB Lat Steps(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves
- Adductors

“The Stretch”



Let Meters Accumulate:

- 1:00 Run @ Pace
- 40 Jumping Jacks

Once @ 500 or 800m →

- 1:15 Run @ Pace
- 6 or 10 BB

Once @ 1100 or 1600m →

- 1:30 Run @ Pace
- 14 or 20 BW Front Lunges(ttl)

Once @ 1800 or 2600m →

- 2:00 Run @ Pace
- 8-15 Cals Biked

Once @ 2600 or 3800m →

- 2:30 Run @ Pace
- 20-30 Rolling Sit Ups or 15-20 K to B

Once @ 3500 or 5200m →

- 3:00 Run @ Pace
- 10 Db Step Up, Curl, Press

Once @ 4500 or 6800m → Done!



February 24th

Audio

