



Warm Up: **Deload Week!**

- 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”



1. Continue Warm Up
2. Goal = Volume
3. 4x200, 300, or 400m w/ 1:00 TOR
4. 4:00 Rest
5. Repeat

Into → Clock Yourself

Alt EMOM: R-O-T

1. :30-:40 Plank
2. 8-12 Hip Raises
3. 10-16 Deadbugs(ttl)



Bike Ride: 8:00 Cap

- 100 Cals or AMRAP



February 8th

Audio

