# COR

# Warm Up: Cardio Baseline Day! Baseline last done 7/10/23

- 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"



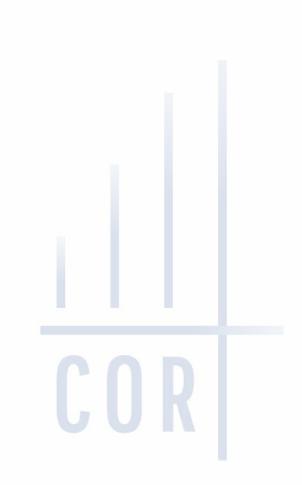
March 15th

Block 1: 20 mins

V-Mile! 20 Min Cap

• 1600m Run

Every 200m = 14 or 20 S/L V-Ups(ttl)



# Alt E2MOM: 4 Rounds(ea)

### Even

- 1:00 Db Hold
- :30 Stationary Death March
   Odd
- 15-36 Cals Rowed

Into → R-O-T AMRAP

## Running Intervals:

### Choose One

- 200m w/:30 TOR
- 150m w/ :25 TOR
- 100m w/ :15 TOR



March 15th Audio

