



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”



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

