



Warm Up: Cardio Baseline Day!

Baseline last done 12/8/23

- 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”



Enduro Work: 50 Min Cap

- 100 Db Step Ups(15/25#)
- 400 or 800m Run
- 80 Db Step Ups(20/30#)
- 800 or 1200m Run
- 60 Db Step Ups(25/35#)
- 1200 or 1600m Run
- 40 Db Step Ups(30/40#)
- 800 or 1200m Run
- 20 Db Step Ups(35/45#)
- 400 or 800m Run



