



Warm Up: Cardio Baseline Day!

Baseline last done 4/5/23

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



Running Warm Up:

- 3-5:00 Negative
 - 1:00 Splits

2:00 Set & Go

T Coopers Test!

12:00 Distance Run

- Tread
- Or
- Parking Lot Laps
 - Need a watch



E2MOM: 4-5 Rounds(ea)

Group A

- :30 S/L Singles(R)
- :30 S/L Singles(L)
- 4-10 S/L Burpee Variation

2:00 Transition/Rest

Group B - Let Cals Accumulate

- 1:00 Bike @ 50%+
- :30 Bike @ 60%+



August 28th

Audio

