



Warm Up: **Cardio Baseline Day!**

**Baseline last done 3/15/24**

- 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”**



## V-Mile! 20 Min Cap

- 1600m Run

Every 200m =

14 or 20 S/L V-Ups(ttl)



## T Olympic Foundations:

1. S/A Db High Pulls
  - 3x7(ea) Ramping
  - 1:30 TOR
2. S/A Db Clean
  - 3x5-7(ea) Ramping
  - 1:30 TOR

1:00 Transition

Alt E2MOM: 3 Rounds(ea)

Group A - Stop @ 1:40 Mark

- 250/125 Singles/DU

Group B

- 14-32 Cals Rowed



October 1st

Audio

