



Warm Up: Baseline Day!

Baseline Last Done 7/5/24

Mobility

- Low Bench Ankle/Hip
- PVC Elbow/Shoulder/Wrist
- PVC Torso Rotation

Foam Rolling

- Quads & Hip flexors
- Calves, Hamstrings, & Glutes

Dynamic

- 10 Walking Cradles(ea)
- 15 A Skips(ea)
- 10 C Skips(ea)
- 20 Low Pogo's



Enduro Work: 50 Min Cap

- 100 Db Step Ups(15/30#)
- 400 or 800m Run
- 80 Db Step Ups(20/35#)
- 800 or 1200m Run
- 60 Db Step Ups(25/40#)
- 1200 or 1600m Run
- 40 Db Step Ups(30/45#)
- 800 or 1200m Run
- 20 Db Step Ups(35/50#)
- 400 or 800m Run



April 9th

Audio

