

PURPLE RAIN

FRIDAY, APRIL 10th

Warm Up 5 minute jog

Dynamic Stretching

Activity Long Distance:

2007 and older: 20-30 minute jog/run

2008 and younger: 10 minute jog/run, 5 minute rest, 10 minute jog/run

Cool Down 5 minute jog & stretch

FRIDAY PLANK CHALLENGE Every Friday, time yourself on how long you can hold a plank. The goal is to increase your time every week. Keep track of your Friday times!

10 push ups, 25 sit ups, repeat 3x (optional)

*Fitness
Conditioning
Movement*

