

PURPLE RAIN

MONDAY, APRIL 20th

* 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

30 second plank, 30 second rest. Repeat 5x

Cool Down Dynamic stretching

*Fitness
Conditioning
Movement*

