

PURPLE RAIN

WEDNESDAY, APRIL 8th

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

30 second plank, 30 sec rest. Repeat 5x

Cool Down 5 minute jog & stretch

Fitness
Conditioning
Movement

