

PURPLE RAIN

FRIDAY, MAY 1st

* 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

Cool Down Dynamic stretching

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

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

*Fitness
Conditioning
Movement*

