

PURPLE RAIN

THURSDAY, MAY 7th

* Warm Up* 5 minute jog

* *Dynamic Stretching*

* Activity* Walk, Jog, Sprint 2.0:

WALK 2 minutes, JOG 4 minutes, SPRINT 15 seconds.

WALK 1 minute, JOG 2 minutes, SPRINT 30 seconds.

REPEAT for 20-45 minutes depending on your age group and fitness level.

Reminder Use the walk as your active recovery. Slow your breathing and get ready for the next jog/sprint.

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

Cool down stretch

Fitness
Conditioning
Movement

