

<b>SUNDAY - MARCH 15th</b>			
<b>Warmup:</b>		EASY PACE RUN - 4 minutes	
<b>Stretching:</b>		After warmup - dynamic stretching/continuous movement warmups. Do drills to 25 meters. Walk/jog back.	
	2 times	knee raises	
	50m	stride out	this means start slow then build to a sprint by end of 50m
	2x	Butt kicks	
	50m	stride out	
	2x	Toe Walking	
	50m	stride out	
	2x	Knee Hug	
	50m	stride out	
	2x	Lunge Walk	
	50m	stride out	
<b>MAIN HILL WORKOUT</b>			
	Workout of TEN bridge repeats. The workout is to run up the Touhy avenue bridge overpass (roughly a 3-4% grade hill) for a distance of 150 meters. REST 3 minutes between each one. The rest time INCLUDES the walk down back to the start! Try to keep all hill repeats about the same pace. START THE FIRST ONE A LITTLE SLOWER so you can see how close you are to your target.		
	COOL DOWN run of 3 minutes at an easy pace! This is important to do right after the hills		

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[illegible]

