

March 2020

JUMP.

SUNDAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest, Stretch, Ice shins and knees as a proactive measure to avoid shin splints.	<p>Mobility Day: Take 20 minutes to stretch your body. Glutes, hamstrings, Inner thighs, core, calves, shins, all need to be stretched. Do not over stretch. *go to @jumpfitnessnow IG for a demo video</p>	<p>Interval Tuesday: Warm up 1/2 mile. Then 1:00 at base/1:00 at quick pace/1:00 walking x 8 rounds. Finish with 2 miles for time and a 5 min walking cool down.</p>		<p>Short Run Thursday: 4 miles for time. Stay as close to base pace as possible. Note time.</p>	<p>Core Friday: :30 Flutter Kicks on back :30 Toe Touches on back :30 push-ups Repeat 4 times *go to @jumpfitnessnow IG for a demo video</p>	<p>Last Run Saturday before Race Day: 110 minutes. Goal is to KEEP GOING. Note distance.</p>
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RACE DAY!						

Notes