



I WILL NEVER QUIT™ WORKOUT No. 11

“THOSE WHO STAND FOR NOTHING FALL FOR ANYTHING.”

PART 1: 4 MILE PACK RUN

***USE GOOD FITTING PACK LOADED OUT TO NO MORE THAN 15LBS**

MILE 1 (WARM-UP PACE)

MILE 2-4 (TRAINING PACE)

PART 2: OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30 SECONDS)

TODAY’S KNOWLEDGE: SLEEP IS IMPORTANT TO GOOD PERFORMANCE AND A HEALTHY METABOLISM. IF YOU HAVE A “SPORADIC” SLEEP CYCLE THEN TRY TO FOCUS ON “QUALITY” OF SLEEP. BLOCK ALL LIGHT COMING INTO THE ROOM AND TRY TO MAINTAIN AN AMBIENT TEMPERATURE OF AROUND 70 DEGREES AND YOU WILL NOTICE A DIFFERENCE.