



I WILL NEVER QUIT™ WORKOUT No. 13

“MAY YOU NEVER BE ONE OF THOSE COLD AND TIMID SOULS WHO KNOWS NEITHER VICTORY NOR DEFEAT.”

PART 1: LUCKY 13

13 MINUTE RUN (WARM-UP PACE)

13 MINUTE RUN (TRAINING PACE)

13 MINUTE (RACE PACE)

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

TODAY'S KNOWLEDGE: IF YOU REGULARLY EXPERIENCE LOW BACK AND KNEE PAIN WHEN YOU RUN FIRST BE SURE TO STRETCH. IF STRETCHING DOES NOT ALLEVIATE YOUR PAIN YOU MAY WANT TO TAKE A LOOK AT YOUR RUNNING SHOES. IT WOULD BE WELL WORTH YOUR TIME TO VISIT AN ACTUAL RUNNING SHOE STORE VERSUS YOUR LOCAL ATHLETIC STORE. GENERALLY SPEAKING THESE STORES KNOW HOW TO “FIT YOUR FEET” WITH A PROPER SHOE. MOST WILL ALSO DO BIOMECHANICAL TESTS TO MAKE SURE YOU GET THE BEST POSSIBLE FIT AT NO ADDITIONAL CHARGE.