



I WILL NEVER QUIT™ WORKOUT No. 18

“YOU ONLY FAIL, IF YOU HAVE FAILED TO TRY.”

PART 1: 3 MILE PACE RUN

15 MINUTE RUN (WARM-UP PACE)

10 MINUTE RUN (RACE PACE)

5 MINUTE RUN (WARM-UP PACE)

PART 2: 30 MINUTE HIKE, BIKE, STAIRMASTER OR ELIPTICAL (OPTIONAL)

PART 3: DEEP OVERALL BODY STRETCH (HOLD EACH STRETCH FOR AT LEAST 30-60 SECONDS)

TODAY’S KNOWLEDGE: OATMEAL IS AN EXCELLENT PERFORMANCE-MUSCLE BUILDING FOOD. SLOW-COOKED OATMEAL IS LOW-GLYCEMIC, RICH IN BETA-GLUCANS, FULL OF FIBER AND INDUCES SATIETY WHILE NOT PROMOTING SLUGGISHNESS. BETA-GLUCANS ARE COMPOUNDS WITHIN OATS THAT ACTUALLY CAN LOWER YOUR RISK OF HEART DISEASE; OATMEAL ALSO CONTAINS FIBER AND IS A PERFECT COMPLIMENT TO A BREAKFAST OF EGGS AND FRUIT.