



I WILL NEVER QUIT™ WORKOUT No. 2

“IF YOU EVEN THINK YOU ARE GOING TO BEAT ME, YOU BETTER WAKE UP AND APOLOGIZE.”

PART 1: 3 MILE VARIED PACE RUN

MILE 1 (WARM-UP PACE)

MILE 2 (TRAINING PACE)

MILE 3 (RACE PACE)

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

PART 3: 15-30 MINUTES OF HEAVY BAG WORK OR SHADOW BOXING/MARTIAL ART TECHNIQUES (OPTIONAL)

TODAY’S KNOWLEDGE: THE WORD PROTEIN COMES FROM THE GREEK WORD “PROTEIS” WHICH MEANS, TO COME FIRST. IN REGARDS TO ORDER OF FOOD IMPORTANCE, PROTEIN IS AT THE TOP. PROTEIN IS THE ONLY MACRO NUTRIENT RESPONSIBLE FOR TISSUE REPAIR. THE HARDER YOU TRAIN, THE MORE TISSUE DAMAGE, THE MORE QUALITY PROTEIN YOUR BODY NEEDS.