



I WILL NEVER QUIT™ WORKOUT No.41

“THE ONLY EASY DAY WAS YESTERDAY, YOU HEARD THAT YESTERDAY TOO, BUT YOU MADE IT.”

PART 1: THE LONGEST DAY

20 MINUTE RUN (WARM-UP PACE)

20 MINUTE RUN WITH GOOD FITTING PACK LOADED TO 15LBS (TRAINING PACE)

20 MINUTE RUN (RACE PACE)

PART 2: DEEP OVERALL BODY STRETCH (HOLD EACH STRETCH FOR 30-60 SECONDS)

TODAY'S KNOWLEDGE: The best way to win a race is to start you motor early. People have told you since you were a kid that breakfast is the most important meal of the day. What they probably didn't tell you was that people eat about the same amount of food each day. By starting that process earlier, you'll find that you're not playing catch up later in the day or eating unhealthy foods in emergency hunger mode. Having breakfast will jump start your metabolism, allowing the muscles you've built to be nourished while initiating the fat burning process. If you don't have time for breakfast grab an ASAP™.

TODAY'S WORKOUT SPONSORED BY

