



**I WILL NEVER QUIT™ WORKOUT No.52**

**“VICTORY IS RESERVED FOR THOSE WILLING TO PAY ITS PRICE.”**

**PART 1: 55 AND STAY ALIVE**

- 10 MINUTE RUN (WARM-UP PACE)
- 9 MINUTE (TRAINING PACE)
- 8 MINUTE (RACE PACE)
- 7 MINUTE (WARM-UP PACE)
- 6 MINUTE (TRAINING PACE)
- 5 MINUTE (RACE PACE)
- 4 MINUTE (WARM-UP PACE)
- 3 MINUTE (TRAINING PACE)
- 2 MINUTE (RACE PACE)
- 1 MINUTE (WARM-UP PACE/COOL DOWN)

**TOTAL 55 MINUTE RUN**

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

**TODAY'S KNOWLEDGE:** Proper posture while you are running is very important to avoid injury and ensure proper breathing. While running keep your head up and eyes level to the horizon; your shoulders should back and chest out in a relaxed position; while your arms should swing loose and equal with your pace. Try to run “lightly” versus a heavy foot strike.

**TODAY'S WORKOUT SPONSORED BY**



**Shoot to win.**