



I WILL NEVER QUIT™ WORKOUT No.54

“DISCOVER YOUR WORK AND THEN WITH ALL YOUR HEART GIVE YOURSELF TO IT.”

PART 1: 10 MINUTE RUN (WARM-UP PACE)

PART 2: 21 AND OVER

REPEAT 7 TIMES

RUN 1 MINUTE (TRAINING PACE)

RUN 1 MINUTE (RACE PACE)

RUN 1 MINUTE (SPRINT)

REST OR WALK 1 MINUTE

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

TODAY'S KNOWLEDGE: Are you “bingeing” at night? Eat breakfast, lunch, and dinner. The large majority of people who struggle with night eating are those who skip meals or don't eat balanced meals during the day. This is a major setup for overeating at night.

TODAY'S WORKOUT SPONSORED BY

