



**I WILL NEVER QUIT™ WORKOUT No.62**

**“DO NOT HESITATE AT THE FEEL OF PAIN; IT IS ONLY A REMINDER THAT YOU ARE STILL ALIVE.”**

**PART 1: 1 HOUR RUN (YOU CHOOSE PACE)**

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

**TODAY'S KNOWLEDGE:** If you are just starting back to running it's okay to take walk breaks (run 1 minute walk 1 minute then progress to run 10 minutes walk 1 minute etc.)

**TODAY'S WORKOUT SPONSORED BY**

