**Intermediate Dryland 7/14**

* **Stretches**
* **5 Minute Warm-up run**
* **3 Times Thru “Suicide Run”**

Set up “cones” at 5 Paces, 10 Paces, 20 Paces

Run all the way thru twice

3-5 Minutes recovery walk/run in between

(Alternative: 4 x Stairs (5 Every/5 Big Steps)

* **2 Times Thru (:15 between exercises, 2:00 rest in between Rounds)**

1:00 Kick on Back

:30 Kick on Front

10 Dips

5 Single Leg Romanian Deadlift each leg

1:00 Kick on Back

30 Russian Twists

20 In + Outs

:30 Streamline Kick on Back

20 Outside Ankle Touches (from Caeleb Dressel video)

10 Dips

5 SLRDL each leg