

THURSDAY APRIL 23, 2020

WARM-UP

- Walk for 5 minutes

WOD

- 30 Minute easy run or jog/walk combination
 - Walk for 5 minutes
 - Find a hill near your house and run 5 x 100 meter sprint up the hill
 - Please note; 100 meters is equal to approximately 110 yards
 - Walk down the hill to rest

COOL-DOWN & STRETCH

- Walk 1/4 Mile to cool-down
- Complete Stretch of Legs
- Complete Stretch of Back
- Complete Stretch of Arms

Log onto: www.umass.edu/campusrec for all of our virtual programming information

When participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge the University of Massachusetts and Campus Recreation from any and all claims or causes of action, known or unknown, arising out of Campus Recreation programming and services.

