

### Tempo Run - July 11

1. Meet in front of LTCC gym - 5 min. warm-up run to far end of soccer field.
2. Stretch/core exercises at soccer field. 5 - 8 min. easy run to top of small hill.
3. Gradually accelerate toward a peak speed holding that peak for 5 or 10 minutes.
4. Turn around at the base of the big hill. If you can, keep your pace up until you reach the base of the small hill then gradually decelerate.
5. Continue gradual deceleration (you will feel really good here).
6. Cool down. Stretch when you return to the college parking lot.