**Cardio days**

Monday, Wednesday and Friday

1.-communicate any limitations

2.-bring water

3.-speed is less important than moving in the expected running phases

4.-Expectation is that all students will run in running phase

This week

1.-Run for 2 minutes Walk for 1 minute X 4

2.-We will always take our heart rate right after run is completed

Take that heart rate for 10 sec and record on your calendar in the spot with the heart.

3.-following that you will be given 3-5 minutes to stretch your hamstrings and calf muscles.

This time will be self directed and impact your participation mark. Use it wisely!!!