

Deer Deer Park Athletes,

As quarantine and cancellations continue to define our present reality I have a different purpose for you to try this week. I want you to connect to your love of exercise. I want you to tune into why you do what you do, and the importance hard work and fitness plays in your life. The challenge is to be active for at least 30 minutes to an hour a day in a way you find enjoyable. Take Thursday “off” and Sunday “off” (walk, bike, or do something light those days and not something stressful. I will provide a couple of materials that may provide a guide for you, but I really want you to take ownership, drop stress, and just enjoy being active. Next week I will provide a more focused and comprehensive program like in weeks past. But find the joy and lose the stress this week. There is so much good going on now despite all of the challenges, hardships, pain and uncertainty. Acknowledge the hard and tune into the good. Feel free to send emails or pictures of what you did this week to keep us all motivated. If you want you can track my fitness activities on the Strava App if that helps (search Paolo Fiore). Let’s keep each other motivated, slow down, and have fun with this.

Coach Fiore

Schedule: Go 5 days on and 2 days very easy this week

Suggestions:

Ride a bike

Go for a walk

Do a core workout

Jump Rope

Do yard work

Challenge a family member to a plank off, push up contest, sit up contest..etc.

Run/Jog

Look up bodyweight circuits

[Strength and Conditioning for Runners](#)

Nike Training app offers their premium service free...lot of good content on there.