**TUESDAY**

**FALCON 5K + INTERVALS- For time**

Run 0.5 miles: 10 sit ups, 10 second plank hold, 10 push ups

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**Post/tag us your workout details and/or video on @prairieHSVB**

**OR direct message coach(es) privately on ‘Group me’/e-mail with your times/accomplishments!**

**Example of post details:**

**Falcon 5K + Intervals Completed! Time: (list time)**

**This is to better YOURSELF. Do not worry about your time. Work to improve yourself each day.**