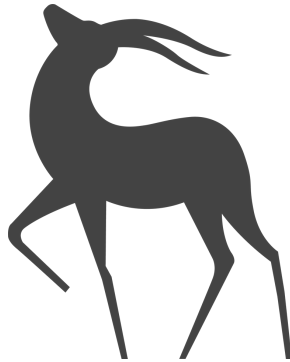


Gazelles – sprint 30 –40 yards
focus on speed and stride
length and repeat a few times



Flamingos – step
forward, lift knee
to chest, hug
knee, balance,
switch legs



"I am, I can, I will, I do."

"This is my race, no one else's."

"I am a runner."

"If it doesn't challenge you, it won't change you."

"Just keep running."

"Forward is a pace."

"My legs are tired, but my heart isn't."

"This is just my body building courage."

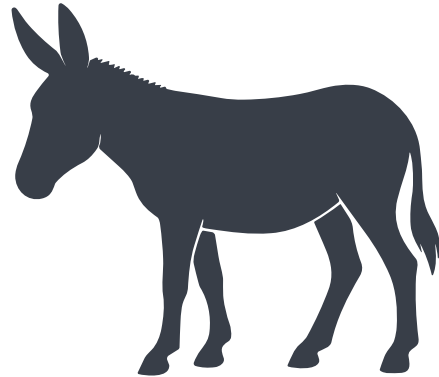
"Struggle now. Proud later."

"Can't stop. Won't stop."

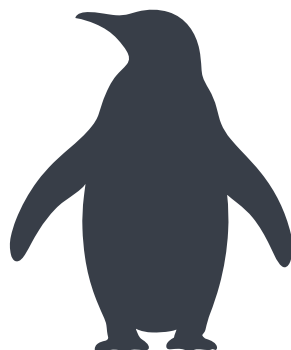
"I believe in myself"

"One step, then another."

Donkeys – Jog
forward slowly
while bringing
your heel as
close to your
bottom as you
can



Penguins – walk forward on
heels, pull up toes with each
step, slow and controlled



"Champions aren't the ones who never get tired –
they're the ones who keep moving anyway."

"I never give up."

"Today I choose confidence"

"I have everything I need to succeed right
here."

"Keep going, you've got this."

"I don't stop when I am tired, I stop when I am
done"

"Don't think, just run."

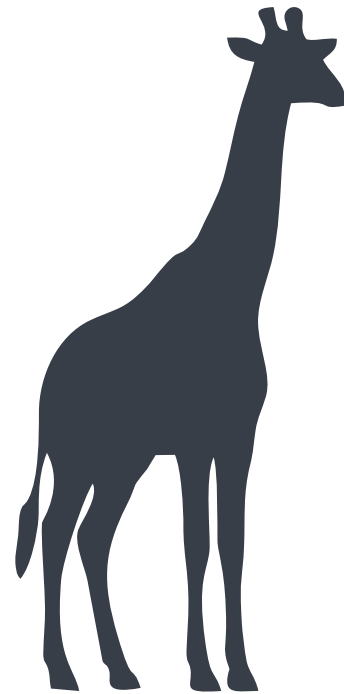
"I am stronger with every step."

"I was made for this."

"Left, right. left, right..."

"I can do this, one step at a time."

Giraffes – walk
forward on your
toes, arms
stretching
overhead, get taller
and taller with every
step, repeat



"You are faster than you think and stronger than you know. The only way to find out is to run."

"I trust my training. I trust myself."

"Breathe. Believe. Run."

"I can handle challenges with courage and determination."

"My confidence grows when I step outside of my comfort zone."