

## 181010 Day Three: Alternate WOD

Psa 119:59-60

I thought on my ways, and turned my feet unto thy testimonies. I made haste, and delayed not to keep thy commandments

*The Psalmist sees himself in light of YHVH and quickly turns from his view of life to that of the Lord's view..*

### Rest Day Components

“5 K” Run @ Moderate Pace

Bike @ 15-20 Miles

See SO's “Samson Shuffle” for other Rest Day  
Options

#### Train hard with purpose:

*“And whatsoever ye do in word or deed, do all in the name of the Lord Jesus, giving thanks to God and the Father by Him.”*

*Col. 3:17*