

180110 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 YHWH and quickly turns from his view of life to that of the Lord's view..

Alternate Rest Day WOD

BASE: "5 K" Run @ Moderate Pace

-OR-

Swim 1000 Meters

Fins OK

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