

180926 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