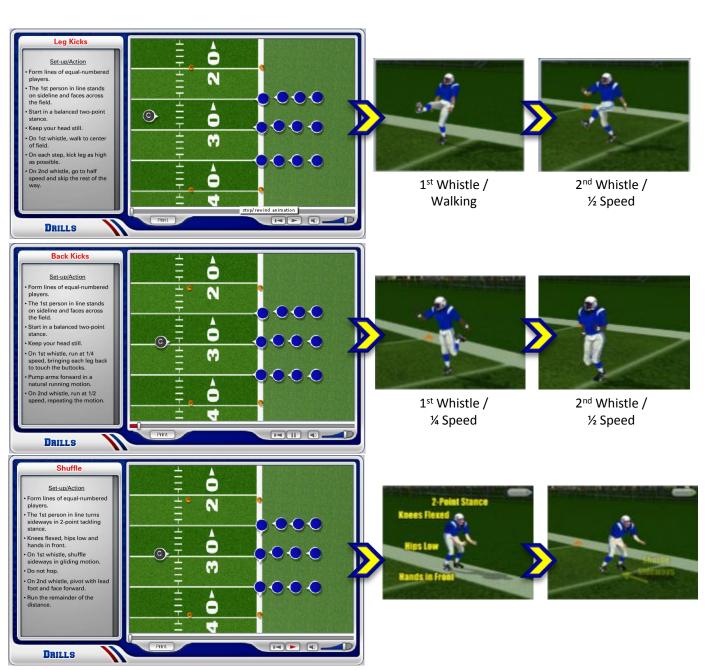
## Practice Planner Warm Up



Dynamic Stretching (start with 70% speed run around ½ the field x 2)



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