

Week 1

RUN YOUR CITY VIRTUAL SEASON



Week 1 Schedule



CHALLENGE 1

Monday, February 8th



CHALLENGE 2

Wednesday, February 10th



RACE DAY

Saturday, February 13th



VIRTUAL TEAM MEETING

Sunday, February 14th at 1 pm Eastern Time



Challenge #1

Repeats

- Ten accelerations (start with a comfortable jog and pick up speed until you are at top speed) ~ 1 block per acceleration
- Eight 10-second sprints, all out!
- Six hill/bleacher repeats near you, sprint up as fast as you can, easy jog down



Challenge #2

Check off 5 squares to complete this bingo challenge!

25 CRUNCHES	GIVE YOURSELF A COMPLIMENT	15 PUSH-UPS	30 CRUNCHES	RUN UP STAIRS
40 ARM CIRCLES	30 SECOND SPRINT	GIVE YOURSELF A HUG	1 MINUTE JUMP ROPE	30 SECOND PLANK
DANCE TO A SONG	1 MINUTE WALL SIT	Free	15 MOUNTAIN CLIMBERS	30 JUMPING JACKS
20 CALF RAISES	20 LEG RAISES	20 SQUATS	READ SOMETHING INSPIRATIONAL	25 CRUNCHES
15 SQUAT JUMPS	WRITE DOWN A GOAL	RUN AROUND THE BLOCK	20 DIPS	20 BURPEES

RACE DAYYY

COMPLETE THE 200-METER RACE ANYTIME SATURDAY,
FEBRUARY 13TH RECORD YOUR TIME, AND COMPLETE THE
GOOGLE FORM FOR THIS WEEK'S ACTIVITIES BEFORE MIDNIGHT!

Not near a track? Map my run, gps tracking, or approximately 2 blocks or 1-minute sprint works too!



Team Meeting



Don't forget to fill out your weekly challenges before Sunday's meeting at <https://forms.gle/kQeXKw2qQSK7ZDHw9>

SUNDAY AT 1 PM ET

Surprises are always exciting so hop on to join your team!

Join Zoom Meeting

<https://virginia.zoom.us/j/97151256180?pwd=QlpZeURPS3hHb0d5OGhMbGJIMEYxUT09>

Meeting ID: 971 5125 6180

Passcode: 288987

