

Week 2

RUN YOUR CITY VIRTUAL SEASON



Week 1 Schedule

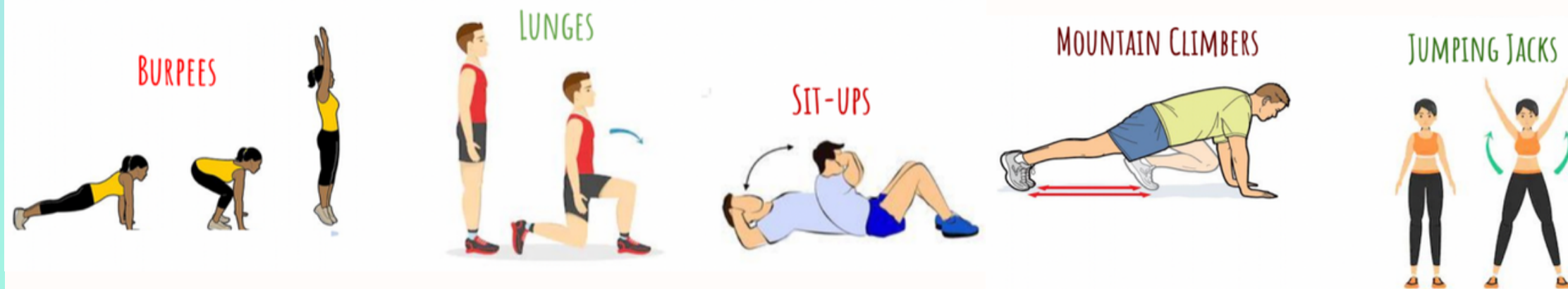
- CHALLENGE 1
Monday, February 15th
- CHALLENGE 2
Wednesday, February 17th
- RACE DAY
Saturday, February 20th
- VIRTUAL TEAM MEETING
Sunday, February 21st at 1 pm Eastern Time



Challenge #1

Repeats

- Mountain Climbers - 10x
- Push-Ups - 10x
- Sit-Ups - 10x
- Burpees - 10x
- Lunges - 10x
- Jumping Jacks - 10x
- High Knees - 10x



Challenge #2

Running Workout

Five-minute run

Four-minute walk

Three-minute run

Two-minute walk

One minute run ALL OUT



RACE DAYYY

COMPLETE THE 400-METER RACE ANYTIME SATURDAY, FEBRUARY 20TH. 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 4 blocks or 2-minute sprint works too!



Team Meeting



Don't forget to fill out your weekly challenges before Sunday's meeting at <https://forms.gle/3BBhTAKkfsUkGg8N9>

SUNDAY AT 1 PM ET

Join Zoom Meeting

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

Meeting ID: 971 5125 6180

Passcode: 288987

