

Week 4

RUN YOUR CITY VIRTUAL SEASON



Week 4 Schedule

- CHALLENGE 1
Monday, March 1st
- CHALLENGE 2
Wednesday, March 3rd
- RACE DAY
Saturday, March 6th
- VIRTUAL TEAM MEETING
Sunday, March 7th at 1 pm Eastern Time



Challenge #1

Workout

Use the chart to spell out your first and last name

A: 10 BURPEES

B: 20 PUSH UPS

C: 35 JUMPING JACKS

D: 1 MINUTE PLANK

E: 20 SQUATS

F: 1 MINUTE WALL SIT

G: 20 BURPEES

H: 30 PUSH UPS

I: 20 ARM CIRCLES

J: 30 CRUNCHES

K: 25 SQUATS

L: 30 ARM CIRCLES

M: 45 SECOND PLANK

N: 15 PUSH UPS

O: 2 MINUTE WALL SIT

P: 25 JUMPING JACKS

Q: 15 BURPEES

R: 20 SQUATS

S: 30 CRUNCHES

T: 20 ARM CIRCLES

U: 1 MINUTE PLANK

V: 25 SQUATS

W: 20 PUSH UPS

X: 45 SECOND PLANK

Y: 30 JUMPING JACKS

Z: 20 ARM CIRCLES

Challenge #2

Workout

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



RACE DAYYY

COMPLETE THE 200-METER RACE ANYTIME SATURDAY, MARCH 6TH. RECORD YOUR TIME, AND COMPLETE THE [GOOGLE FORM](#) FOR THIS WEEK'S ACTIVITIES BEFORE MIDNIGHT!

Not near a track? Map my run, gps tracking, 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/YTxWUEzEJNRTkkk69>

SUNDAY AT 1 PM ET

Join Zoom Meeting

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

Meeting ID: 971 5125 6180

Passcode: 288987

