

Week 3

RUN YOUR CITY VIRTUAL SEASON



Week 3 Schedule

- CHALLENGE 1
Monday, February 22nd
- CHALLENGE 2
Wednesday, February 24th
- RACE DAY
Saturday, February 27th
- VIRTUAL TEAM MEETING
Sunday, February 28th at 1 pm Eastern Time



Challenge #1

Running Workout

- Run as fast as you can 10 yards, then back peddle to the start
- Run as fast as you can 20 yards, then back peddle to the start
- Run as fast as you can 30 yards, then back peddle to the start
- Rest for 4 Minutes and Repeat 2 more times

Challenge #2

PUSH UPS & JUMPING JACKS

- Complete 1 push-up then 1 Jumping Jack
- Then complete 2 push-ups and 2 Jumping Jacks
- Continue until you complete 10 push-ups and 10 Jumping Jack

Keep track & check off your sets!

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



RACE DAYYY

COMPLETE THE 800-METER RACE ANYTIME SATURDAY, FEBRUARY 27TH. 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 8 blocks or 4-minute run works too!



Team Meeting



Don't forget to fill out your weekly challenges before Sunday's meeting at <https://forms.gle/Mk6WVKX1i8ySdVzy9>

SUNDAY AT 1 PM ET

Join Zoom Meeting

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

Meeting ID: 971 5125 6180

Passcode: 288987

