

# Week 6

RUN YOUR CITY VIRTUAL SEASON



# Week 6 Schedule

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



# Challenge #1

*Bingo is back!!  
Check off 5 squares to  
complete this challenge!*

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

# Challenge #2

## Workout

- 10 x – Irish Crunches
- 10 x – Leprechaun Lunges (each leg)
- 10 x – Good Luck Calf raises
- 10 x – Pot of Gold Squats
- 30 second – St. Paddy's Plank
- 10 x – Green Clover Burpees



# RACE DAYYY

COMPLETE THE 800-METER RACE ANYTIME SATURDAY, MARCH 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 8 blocks or 4-minute sprint works too!



# Team Meeting



Don't forget to fill out your weekly challenges before Sunday's meeting at <https://forms.gle/3d7LFrs8P5M4fUJc8>

SUNDAY AT 1 PM ET

Join Zoom Meeting

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

Meeting ID: 971 5125 6180

Passcode: 288987

