

2021 Winter Fitness Combine

TRAINING CAMP

Special Olympics Virginia

I AM A FIT
ATHLETE

Special
Olympics

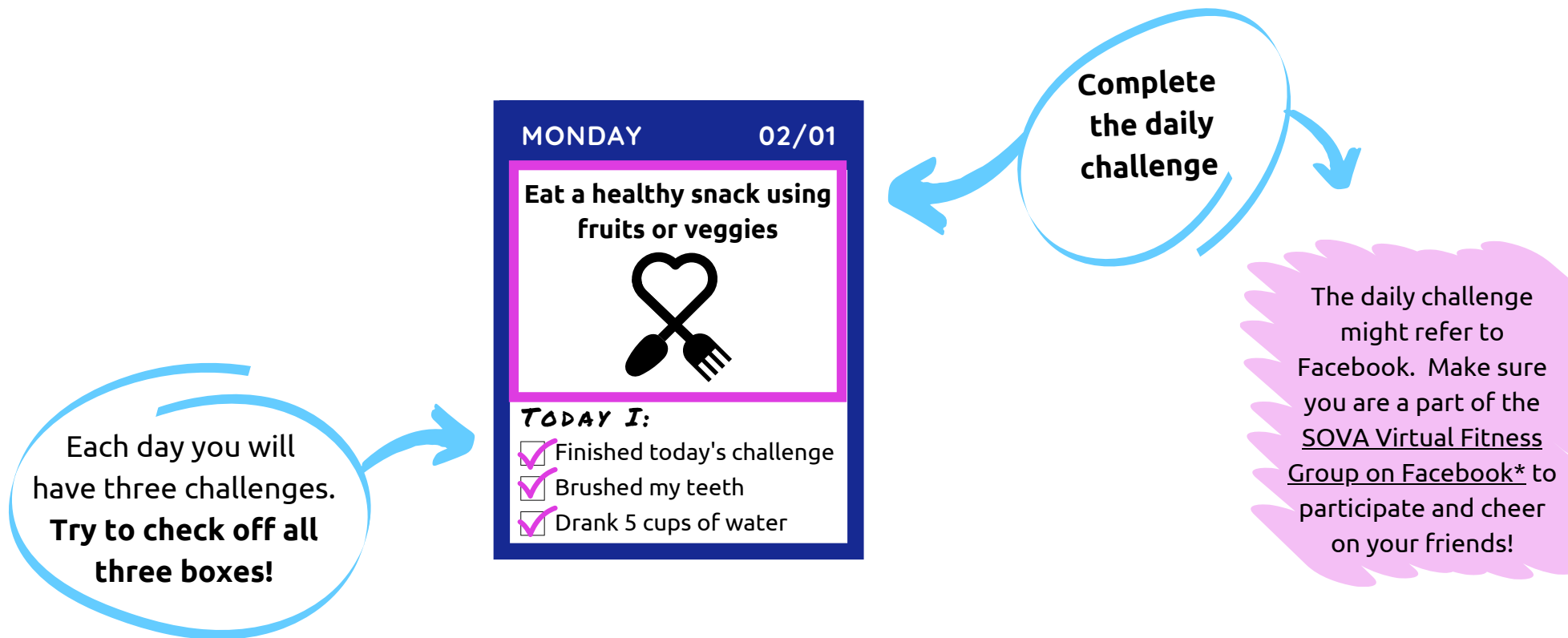


Special Olympics
Virginia





Training Camp is designed to keep you motivated throughout the 2021 Winter Fitness Combine so you can be extra strong and earn a gold medal. Here is how it works:



*Don't have Facebook?! That is okay! We update our website with the same posts!

SCORE TRACKING CARD

Can you complete each of the seven exercises once a week for the whole season? Keep track of your scores here!

NAME:	SEASON OPENER	WEEK #2	WEEK #3	WEEK #4	WEEK #5	WEEK #6	WEEK #7	CHAMPIONSHIP
BALL TAP How many can you do in 60 seconds?								
HIGH KNEES How many can you do in 60 seconds?								
JUMPING JACKS How many can you do in 60 seconds?								
BURPEES How many can you do in 60 seconds?								
CONE JUMPS How many can you do in 60 seconds?								
MOUNTAIN CLIMBERS How many can you do in 60 seconds?								
PUSH-UPS How many can you do in 60 seconds?								

WHAT ARE YOUR GOALS FOR THE
2021 WINTER FITNESS COMBINE?



HOW ARE YOU GOING TO ACHIEVE YOUR GOALS?

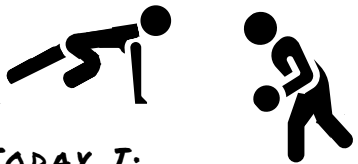
PRESEASON

2021 TRAINING CAMP → FEBRUARY 1-7

THANK YOU TO
OUR POLAR
PLUNGE PARTNERS
AND SUPPORTERS!

MONDAY 02/01

Practice **ball taps** and
mountain climbers from
the Playbook



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY 02/02

DO THE POLAR PLUNGE
FITNESS CHALLENGE ON
FACEBOOK!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY 02/03

Practice **push-ups** and
jumping jacks from
the Playbook



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY 02/04

Practice **cone jumps** and
high knees from
the Playbook

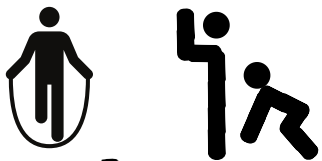


TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY 02/05

Practice **burpees** from
the Playbook and your
favorite physical activity



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY 02/06

PLUNGE
YOUR WAY!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY 02/07

SUPER BOWL SUNDAY
Tune in to Facebook for a
football workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

THIS WEEK I:

- ☐ Tried all of my fitness combine exercises
- ☐ Plunged my way
- ☐ Write your own challenge for this week:

SEASON OPENER

2021 TRAINING CAMP → FEBRUARY 8-14

MONDAY 02/08

OPENING DAY

Set your goal(s) on pg. 4 of the Training Camp calendar



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY 02/09

Stay away from soda, energy drinks, and sports drinks.

Only drink water today



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY 02/10

Try **five exercises** from **Fit 5 Level 1**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY 02/11

Do the **SOVA dynamic stretching** routine



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY 02/12

Try to do **50 squats** throughout the day today!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY 02/13

Write down **three positive messages** to build your confidence



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY 02/14

Tune in to **Facebook** for a **basketball & cardio** workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Challenge yourself!

Write your own challenge for the week:



THIS WEEK I:



Completed and tracked my Fitness Combine Scores

WEEK #2

2021 TRAINING CAMP → FEBRUARY 15-21

THANK YOU TO
OUR PARTNER!
STAFFORD
Virginia

MONDAY

02/15

Try to go for a 20 minute walk, run, or bike ride today.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY

02/16

Make a **snack** using fruits and/or vegetables today



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY

02/17

HAPPY PRESIDENT'S DAY!

Pick a president HERE and try their workout!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY

02/18

Jump on **Facebook** to do a **static stretching** routine!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY

02/19

Watch TV for 30-60 minutes and **do curl-ups** during the commercials



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY

02/20

Do three **Strong Minds** activities



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY

02/21

Tune in to **Facebook** for a **skiing** workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Like/Follow **Tour Stafford VA** on social media and thank them for their support!



THIS WEEK I:



Completed and tracked my Fitness Combine Scores

WEEK #3

2021 TRAINING CAMP → FEBRUARY 22-28

THANK YOU TO
OUR PARTNER!



MONDAY 02/22

Practice all seven exercises
from the **Playbook**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY 02/23

Build a **healthy meal**. Learn
how to **HERE**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY 02/24

Try **five exercises** from
Fit 5 Level 2



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY 02/25

Do this **stretching workout**.
Can you do the extra credit?!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY 02/26

Try to do **30 push-ups**
throughout the day today



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY 02/27

Write down or tell someone
five things you are grateful
for!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY 02/28

Tune in to **Facebook** for a
bocce training workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Like/Follow
SHEETZ
on social media and thank
them for their support!



THIS WEEK I:

☐ Completed and
tracked my Fitness
Combine Scores

WEEK #4

2021 TRAINING CAMP → MARCH 1-7

THANK YOU TO
OUR PARTNER!



Knights of
Columbus®

MONDAY

03/01

Turn on your favorite music
and **dance for 20 minutes!**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY

03/02

Don't eat any
junk food today!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY

03/03

Try **five exercises** from
Fit 5 Level 3



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY

03/04

Jump on **Facebook** to do a
static stretching routine with
Dave!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY

03/05

Try to do a **plank**
for one minute.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY

03/06

Join us on **Facebook** for a
guided meditation



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY

03/07

Tune in to **Facebook** for a
basketball workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Like/Follow
The Knights of Columbus
on social media and thank
them for their support!



THIS WEEK I:



Completed and
tracked my Fitness
Combine Scores

WEEK #5

2021 TRAINING CAMP → MARCH 8-14

MONDAY

03/08

Play **I Spy** while you go on a
30-minute walk



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY

03/09

Can you go a day **without eating meat**? Try to eat fruits and veggies instead.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY

03/10

Participate in the **School of Strength** Video #3: Get Schooled in Strength



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY

03/11

Stretch for five minutes after every meal.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY

03/12

Play **Fitness BINGO!** Share your completed BINGO card on Facebook



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY

03/13

Write down **five things you love about yourself**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY

03/14

Tune in to **Facebook** for a **softball** workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Check in with your goal(s) from the beginning of the season and ask yourself?

- Will I reach my goal?
- If not, what can I do to adjust?
- I already reached my goal. Should I set a new goal?

THIS WEEK I:

☐ Completed and tracked my Fitness Combine Scores

WEEK #6

2021 TRAINING CAMP → MARCH 15-21

MONDAY

03/15

Deep **clean your house** -
sanitize, vacuum, mop, do the
laundry and dishes



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY

03/16

Read a **Health Newsletter**
about nutrition



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY

03/17

HAPPY ST. PATRICK'S DAY
Join us on **Facebook** for a
leprechaun workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY

03/18

Jump on **Facebook** to
participate in an **aerobic**
workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY

03/19

Learn about **a sport** you have
never played, and might want
to try



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY

03/20

Call or write a note to a family
member!



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY

03/21

Tune in to **Facebook** for a
track & field workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS

Challenge yourself!
Write your own challenge for
the week:



THIS WEEK I:



Completed and
tracked my Fitness
Combine Scores

WEEK #7

FINANCIAL FITNESS WEEK

2021 TRAINING CAMP → MARCH 22-28

THANK YOU TO
OUR PARTNER!
ABLEnowSM

MONDAY 03/22

Practice all seven exercises from the **Playbook with a modification**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY 03/23

Plan all of your healthy and tasty meals for the rest of the week.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY 03/24

Follow along with the **School of Strength Video #4: Boost your Balance**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY 03/25

Jump on **Facebook** to participate in a **yoga workout**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY 03/26

Get **Financially Fit!**
Subscribe to the **ABLEnow** newsletter

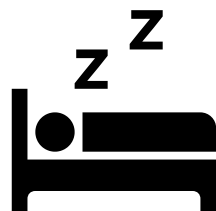


TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY 03/27

Get **eight hours** of sleep



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY 03/28

Tune in to **Facebook** for a **tennis training** workout



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

BONUS



Register for an ABLEnow webinar



Visit the **SOVA Website** for a chance to win an iPad for Financial Fitness Week.

THIS WEEK I:



Completed and tracked my Fitness Combine Scores

CHAMPIONSHIP WEEK

2021 TRAINING CAMP → MARCH 29-APRIL 4

MONDAY

03/29

Move for the **first five minutes** of each hour



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

TUESDAY

03/30

Eat **five servings** of fruits and veggies.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

WEDNESDAY

03/31

Try **five exercises** from **Fit 5 Level 4**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

THURSDAY

04/01

Try this 15-minute **Pilates workout**



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

FRIDAY

04/02

Make your own 20-minute workout. **BONUS:** do it with a friend or family member



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SATURDAY

04/03

Tell someone **five things** you like about them



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

SUNDAY

04/04

HAPPY EASTER!

Join us on **Facebook** for a special workout.



TODAY I:

- ☐ Finished today's challenge
- ☐ Brushed my teeth
- ☐ Drank 5 cups of water

REMINDER

Make sure your coach has your championship scores, so you can earn your medal!



Join us on Facebook on April 10th to celebrate!