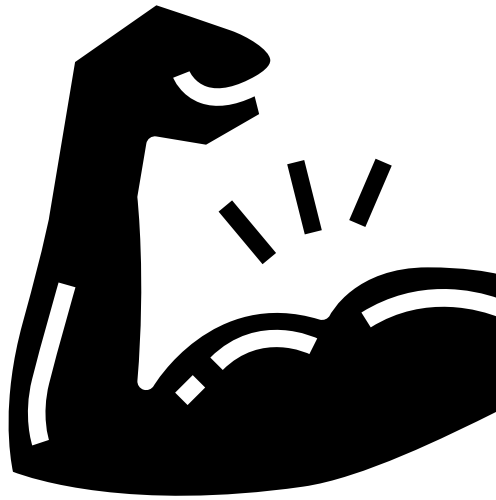




Special Olympics Virginia

Training Camp

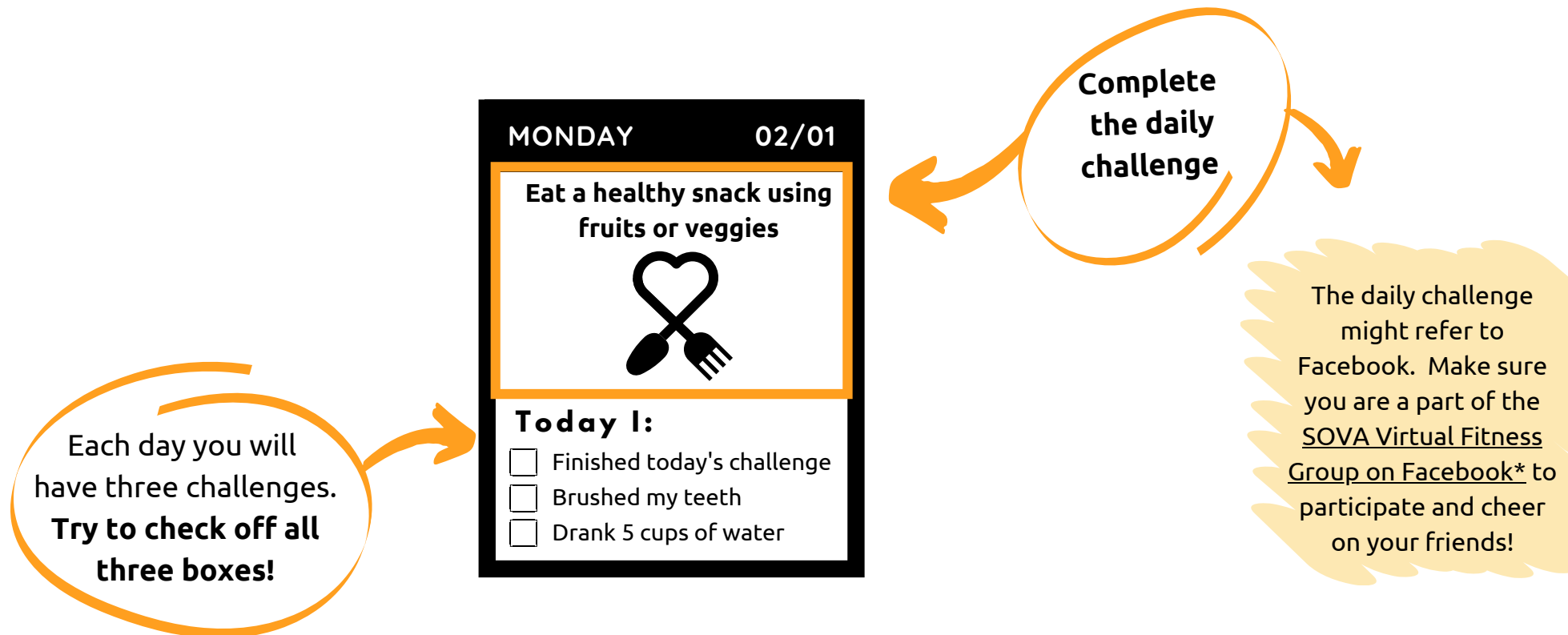
2021 Fall Fitness Combine



TRAINING CAMP



Training Camp is designed to keep you motivated throughout the 2021 Fall Heptathlon 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
JUMPING JACKS How many can you do in 60 seconds?								
5-10-5 AGILITY RUN How fast can you complete it?								
BALL TAP How many can you do in 60 seconds?								
SQUATS How many can you do in 60 seconds?								
FRONT-TO-BACK JUMPS How many can you do in 60 seconds?								
Mountain Climbers How many can you do in 60 seconds?								
BURPEES How many can you do in 60 seconds?								

**WHAT ARE YOUR GOALS FOR
THE 2021 FALL FITNESS
HEPTATHLON?**



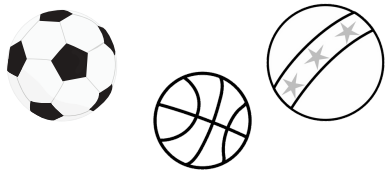
How are you going to achieve your goals?

PRESEASON

2021 TRAINING CAMP OCTOBER 18-24

MONDAY 10/18

Practice **ball taps** from the **Playbook**



Today I:

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

TUESDAY 10/19

Practice **jumping jacks** from the **Playbook**

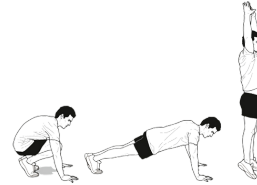


Today I:

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

WEDNESDAY 10/20

Practice **burpees** from the **Playbook**



Today I:

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

THURSDAY 10/21

Practice the **5-10-5 agility run** from the **Playbook**



Today I:

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

FRIDAY 10/22

Practice **front-to back jumps** from the **Playbook**



Today I:

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

SATURDAY 10/23

Practice **squats** from the **Playbook**



Today I:

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

SUNDAY 10/24

Practice **mountain climbers** from the **Playbook**



Today I:

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

BONUS

Be Prepared!

Attempt all of the Heptathlon exercises by the end of the week in preparation of the season opener.

THIS WEEK I:

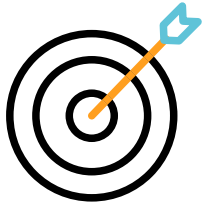
- ☐ Completed and tracked my Heptathlon scores

SEASON OPENER

2021 TRAINING CAMP OCTOBER 25-31

MONDAY 10/25

Set your own personal goals for the Heptathlon using **page 3** from this booklet



Today I:

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

TUESDAY 10/26

Do a total of 5 minutes of **high knee exercises** today



Today I:

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

WEDNESDAY 10/27

Spend some time in nature today. Pay close attention to what you hear, smell, feel, and see

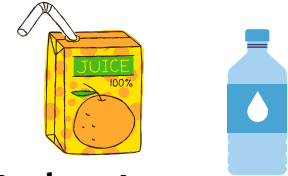


Today I:

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

THURSDAY 10/28

Learn about **healthy drink choices**. Avoid drinking energy drinks or sodas today



Today I:

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

FRIDAY 10/29

Throughout the day, do a total of 50 **lunges** on each leg

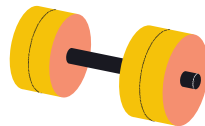


Today I:

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

SATURDAY 10/30

Try the **strength exercises** from Fit 5 Level 1



Today I:

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

SUNDAY 10/31

Come up with your own workout and do it in your Halloween costume - share a picture to the Virtual Fitness Group page!



Today I:

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

BONUS

Get others involved!

See if you can convince a friend or family member to complete one of your daily challenges with you this week.

THIS WEEK I:

- ☐ Completed and tracked my Heptathlon scores

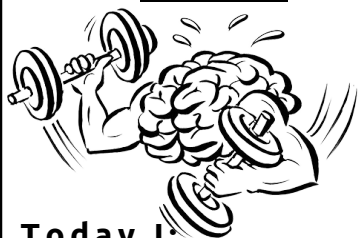
WEEK 2

2021 TRAINING CAMP NOVEMBER 1-7

MONDAY

11/1

Do three **Strong Mind Activities**



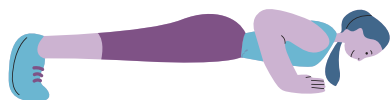
Today I:

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

TUESDAY

11/2

Do 30 **push ups** today



Today I:

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

WEDNESDAY

11/3

Try the 5 yoga poses from **this handout**



Today I:

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

THURSDAY

11/4

Try **this cardio workout** 3 times through over the course of the day



Today I:

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

FRIDAY

11/5

Run for a total of 30 minutes today



Today I:

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

SATURDAY

11/6

Try to get out and go for a hike today



Today I:

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

SUNDAY

11/7

Learn about meal planning and plan your meals for next week



Today I:

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

BONUS

Stay hydrated!

Drink at least 5 cups of water every day this week.

THIS WEEK I:



Completed and tracked my Heptathlon scores

WEEK 3

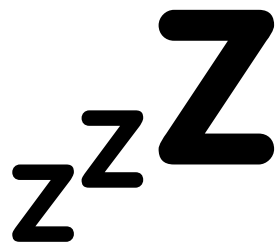
2021 TRAINING CAMP NOVEMBER 8-14

THANK YOU TO
OUR PARTNER!



MONDAY 11/8

Get 8 hours of sleep tonight



Today I:

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

TUESDAY 11/9

Try the **Fit 5 Level 2**
Endurance Exercises

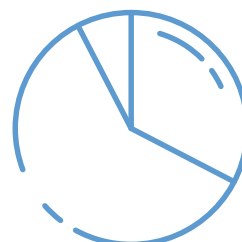


Today I:

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

WEDNESDAY 11/10

Learn about **portion control**

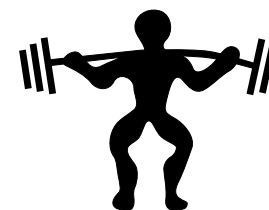


Today I:

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

THURSDAY 11/11

Try the **Fit 5 Level 2**
Strength Exercises



Today I:

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

FRIDAY 11/12

Try **this leg workout** today



Today I:

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

SATURDAY 11/13

Turn on some music and
dance for 15 minutes today



Today I:

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

SUNDAY 11/14

Stand as long as you can on
one leg 5 times today. Make
sure you do both sides



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
Heptathlon scores

WEEK 4

2021 TRAINING CAMP NOVEMBER 15-21

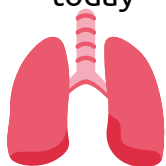
THANK YOU TO
OUR PARTNER!



**Knights of
Columbus®**

MONDAY 11/15

Try this **mindful breathing exercise** for a few minutes today



Today I:

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

TUESDAY 11/16

Learn about **nutrition on the go** and plan some snacks to take out with you

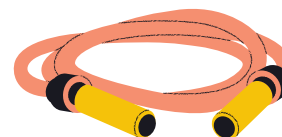


Today I:

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

WEDNESDAY 11/17

Jump rope for 10 minutes today. If you don't have a jump rope, jump in place



Today I:

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

THURSDAY 11/18

When you're watching TV, try to hold a **plank** for 3 commercial breaks



Today I:

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

FRIDAY 11/19

Follow along with **this video** to improve your balance score



Today I:

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

SATURDAY 11/20

Choose a space in your home and clean/organize it



Today I:

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

SUNDAY 11/21

Complete **this stretching workout**



Today I:

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

BONUS

Midpoint Check In:

Review your Heptathlon goals. Have you made progress toward them? Do you think you'll reach them? Why or why not?

THIS WEEK I:

- ☐ Completed and tracked my Heptathlon scores

WEEK 5

2021 TRAINING CAMP NOVEMBER 22-28

THANK YOU TO
OUR PARTNER!

GEICO

MONDAY 11/22

Make a list of things you are grateful for



Today I:

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

TUESDAY 11/23

Do the **Fit 5 Level 4 Flexibility Exercises**



Today I:

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

WEDNESDAY 11/24

Do this **30 minute Zumba workout**

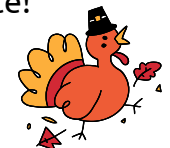


Today I:

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

THURSDAY 11/25

Learn how to **build a healthy meal** - share a picture of your Thanksgiving plate!



Today I:

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

FRIDAY 11/26

While you're watching TV today, do **curl-ups** during commercial breaks

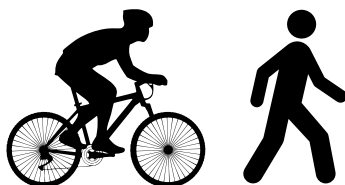


Today I:

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

SATURDAY 11/27

If you can, go for a bike ride today. If not, go for a walk



Today I:

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

SUNDAY 11/28

Teach a friend/family member how to do a **squat**, and do 20 together



Today I:

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

BONUS

Keep good company!

Spend time with your friends or family members this week.

THIS WEEK I:



Completed and tracked my Heptathlon scores

WEEK 6

2021 TRAINING CAMP NOVEMBER 29 - DECEMBER 5

MONDAY

11/29

Write a letter thanking someone who has had a significant impact on your life



Today I:

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

TUESDAY

11/30

Do the **Fit 5 Level 5 Endurance Exercises**



Today I:

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

WEDNESDAY

12/1

Eat 5 servings of fruits and veggies today



Today I:

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

THURSDAY

12/2

Do 20 **inchworms** today



Today I:

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

FRIDAY

12/3

Follow along with **this strength workout** to improve your burpee score



Today I:

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

SATURDAY

12/4

Make yourself a "tightrope" or use a line on the ground and **walk heel to toe** on the line 10 times



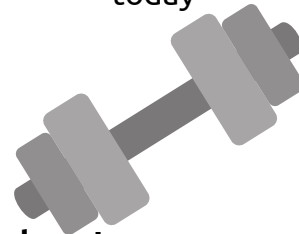
Today I:

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

SUNDAY

12/5

Try **this 7 minute workout** today



Today I:

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

BONUS

Challenge yourself!

Set a goal for yourself this week. It can be fitness related, work related, food related, or anything you'd like!

THIS WEEK I:

- ☐ Completed and tracked my Heptathlon scores

CHAMPIONSHIP WEEK

2021 TRAINING CAMP DECEMBER 6-12

MONDAY

12/6

Try this 10 minute mindfulness meditation today



Today I:

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

TUESDAY

12/7

Do 100 jumping jacks throughout the day today



Today I:

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

WEDNESDAY

12/8

Do the Fit 5 Level 5 Strength Exercises



Today I:

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

THURSDAY

12/9

Try this 20 minute kickboxing workout



Today I:

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

FRIDAY

12/10

Improve your endurance by completing this workout



Today I:

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

SATURDAY

12/11

Do this 30 minute yoga practice



Today I:

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

SUNDAY

12/12

Reflect on your progress toward your goals for the Heptathlon



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!

