Sport and Health: Let’s get physical 7 day challenge!

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| Can you complete a physical challenge every day for a week? There are three levels of workout (beginner, intermediate and expert) choose the level suitable for you and let’s get physical. You can do a different level each day if you wish. Please keep a training diary and submit that on Sunday once you have completed your final challenge. Your diary should include: Monday level of workout for the circuit. Tuesday level of workout for the run/walk, route and time taken. Wednesday level of work out for the bike, route and time taken. Thursday level of workout and total steps complete for the day. Friday level of workout for the circuit. Saturday level of workout for the run/walk, route and time taken. Sunday level of work out for the bike, route and time taken. Please send your diary to Miss Hanson (OAI)/Miss Turner (OAW) no later than 7pm on Sunday 31st May. The top three at each work out level in terms of times will get a prize on return to the academy! Good luck. | | | | | | | | |
| Work out level | Monday 25.5.20 | Tuesday 26.5.20 | Wednesday 27.5.20 | Thursday 28.5.20 | Friday 29.5.20 | Saturday 30.5.20 | Sunday 31.5.20 |
| Beginner | **Circuit Training**  Complete 15 reps of each activity with 30 seconds break in-between:   1. Sit Ups 2. Star Jumps 3. Press Ups (on knees) 4. Leg Raises (both legs together) 5. Mountain Climbers 6. Bicep Curls using two tins from home 7. V Sits 8. Squats 9. Tricep Dips using the sofa or a chair 10. Lunges | **Time trial 5km walk**  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone. | **Time trial 5km bike**  Log and plan your route using: Strava, or your smartwatch/phone. | **Step Challenge**  Accumulate 6000-9999 steps throughout the day. | **Circuit Training**  Complete 15 reps of each activity with 30 seconds break in-between:   1. 15 second Plank 2. Burpees 3. Lateral Raises using two tins from home 4. Crunches 5. Step Ups using the bottom step 6. Press Ups (on knees) 7. Scissor Legs 8. Ski Jumps 9. Tricep Extension with one tin from home 10. 15 second Wall Sit | **Time trial 5km walk**  Try to beat your time from Tuesday.  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone.  OR move up to the intermediate level. | **Time trial 5km bike**  Try to beat your time from Wednesday.  Log and plan your route using: Strava, or your smartwatch/phone.  OR move up to the intermediate level. |
| Intermediate | **Circuit Training**  Complete 20 reps of each activity with 20 seconds break in-between:   1. Sit Ups 2. Jumping Jacks (legs come off the floor) 3. Press Ups 4. Leg Raises (both legs together) 5. Mountain Climbers 6. Bicep Curls using two 500ml bottles 7. V Sits 8. Squats 9. Tricep Dips using the sofa or a chair 10. Lunges | **Time trial 5km run/walk**  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone. | **Time trial 10km bike**  Log and plan your route using: Strava, or your smartwatch/phone. | **Step Challenge**  Accumulate 10000-12000 steps throughout the day. | **Circuit Training**  Complete 20 reps of each activity with 20 seconds break in-between:   1. 20 second Plank 2. Burpees 3. Lateral Raises using two 500ml bottles 4. Crunches 5. Step Ups using the bottom step 6. Press Ups 7. Scissor Legs 8. Ski Jumps 9. Tricep Extension with one 500ml bottle 10. 20 second Wall Sit | **Time trial 5km run/walk**  Try to beat your time from Tuesday.  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone.  OR move up to the expert level. | **Time trial 10km bike**  Try to beat your time from Wednesday.  Log and plan your route using: Strava, or your smartwatch/phone.  OR move up to the expert level. |
| Expert | **Circuit Training**  Complete 30 reps of each activity with 15 break in-between:   1. Sit Ups 2. Jumping Jacks (legs come off the floor) 3. Press Ups 4. Leg Raises (both legs together) 5. Mountain Climbers 6. Bicep Curls using two 1 litre bottles 7. V Sits 8. Squat Jumps 9. Tricep Dips using the sofa or a chair 10. Explosive Lunges | **Time trial 5km run**  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone. | **Time trial 15km bike**  Log and plan your route using: Strava, or your smartwatch/phone. | **Step Challenge**  Accumulate 12001-15000 steps throughout the day. | **Circuit Training**  Complete 30 reps of each activity with 15 seconds break in-between:   1. 30 second plank 2. Burpees 3. Lateral Raises using two 1 litre bottles 4. Crunches 5. Step Ups using the bottom step 6. Press Ups 7. Scissor Legs 8. Ski Jumps 9. Tricep Extension with one 1/2litre bottle 10. 30 second wall sit | **Time trial 5km run**  Try and beat your time from Tuesday.  Log and plan your route using: Strava, Map my run, Nike or your smartwatch/phone. | **Time trial 15km bike**  Try to beat your time from Wednesday.  Log and plan your route using: Strava, or your smartwatch/phone. |