



RunFit Challenge

Men Vs. Women



- * 12-week Challenge Rules
- * Social Media Challenge: Get Social
- * Fitness Challenge: Stationary March (100-up)

12-week Challenge Rules

Week 1

Challenges will be fun and rewarding, but we need to have some rules to keep it fair. So here you go....

- Participants will be divided into two teams: *Men's team and Women's team*
- Points will be awarded to each participant based on completion of the challenge and by completing weekly poll question on AMRC Facebook page as seen on the right as an example.
- Weekly Challenge(s) need to be completed within the same week of the challenge.
- New participants are allowed to join anytime during the 12 week Challenge.
- Team with the most points at the end of 12 week challenge wins the competition.
- AMRC team will keep track of each individual score and post it on FB page on a weekly bases.
- Some weeks will have bonus points awarded based on the challenge.

Week 1 Challenge Completion

<input type="radio"/>	Fitness and Social Media Challenge Completed
<input type="radio"/>	Only Fitness Challenge Completed
<input type="radio"/>	Only Social Media Challenge Completed

How to earn points towards your team?

1 point – Completing Social Media Challenge
2 points – Completing each Fitness Challenge
3 points – Meeting up for AMRC Group Run that week

Take a picture of your running shoes and post it on AMRC group page:

<https://www.facebook.com/groups/amrcrunning/>

While you are there check out all the other postings on that page.



Complete 100 Stationary Marches twice this week

Stationary March is also known as 100-up. This exercise will help you build the runners form allowing you to run longer and faster with ease. For more about 100-up check out, "The Lost Secret of Running": <http://www.nytimes.com/video/magazine/100000001149415/the-lost-secret-of-running.html?smid=fb-share>



1. Raise one knee at a time to hip height while bringing up elbow. Both elbow and knee are on the opposite side of each other.
2. Bring the knee back down lightly to its original position.

See link above if you need visual instructions.