



RunFit Challenge

Men Vs. Women



- * **Social Media Challenge: Favorite Exercise**
- * **Fitness Challenge: 100 Stationary March, Plank, and Run**
- * **12-week Challenge Rules**

What is your favorite exercise? Post a picture of you doing that exercise on AMRC Group. (+2 pts)

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



Fitness Challenge: 100 Stationary March, Plank, and Run Week 12

Three fitness challenges this week. Receive 2 points per challenge completed.

1. 100 Stationary Marches (+2 pts)

2. Plank: 5 minute plank (+2 pts)



“The Lost Secret of Running”:

<http://www.nytimes.com/video/magazine/100000001149415/the-lost-secret-of-running.html?smid=fb-share>

3. Run your fastest 5K (3.1 miles). (+2 pts)

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 notifying AMRC FB group that challenge was completed.
- 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.

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