

Strength & Conditioning at Home Challenge

2021 Season. Updated 12/2/2020





Overview

- Athletes will strive to workout 5 days a week.
- Optional: Athletes can pick 7 exercises to train and compete in for the duration of the season. Athletes will need to keep track of their improvement of the 7 exercises by taking the following scores:
 - Baseline score
 - Mid-season score
 - End of season score



Strength & Conditioning Time Line

- Season
 - December 1st - April 4th
- 7 Exercise Scores- Submit Dates
 - January 8th
 - February 12th
 - March 31st



Season Outcomes & Goals

- To improve athletes overall fitness and wellness
- Provide athletes with a simple fitness outline that they can do at home with minimal equipment



Awards

Awards will be given at end of the season

- Awards will be given based off the following criteria
 - Gold: > 90 days of working out (= working out 5 days a week)
 - Silver: 54-89 days (= working out at least 3 days a week)
 - Bronze: 18-53 days (= working out at least 2 days a week)

Other Awards Given

- For those that pick 7 exercises to compete in
 - Individuals who receive a total of 70 points or more, for %improvement at the end of the season will receive a Special Olympics branded item

Instructions





Instructions for Calendar

- There will be a separate calendar for each month
- Step 1: Download the calendar from [Special Olympics MA resource page](#)
- Step 2: circle the workouts you completed for each week (There are a few blank spaces which will allow you to write in)
- Step 3: Submit the calendar at the end of each month
- There will be an area in the calendar to write in the scores for the 7 exercises that you pick.



7 Exercises Timeline and Instructions

- Week 1: take baseline score of each exercise
- Week 2-5: work towards improving scores
- Week 6: take midseason score for each exercise
- Week 7-11: work towards improving scores
- Week 12: take end of season score for each exercise



How to Earn Points

Athletes will earn points from the 7 exercises based off their % improvement:

- ▶ % improvement from baseline score -> midseason scores
- ▶ AND then again from
- ▶ % improvement from midseason score -> end of season score

- ▶ They will gain points based on % improvement for EACH exercise
- ▶ We will total at the end of the season by adding together the points from base line – midseason and then from mid-season to end of season score.

Questions?

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