

Strength & Conditioning at Home Challenge

2021 Season. Updated 11/23/2020





Overview

- Option 1: Athletes will strive to workout 5 days a week through the calendar portion of Strength & Conditioning
- Option 2: 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



Fitness Season Time -Line

For Calendar

- February 1st- April 5th
- Each month will have a new calendar

For 7 Exercises

- Below are the dates that the 3 scores are due by:
 - ▶ Baseline: January 29th
 - ▶ Midseason: February 26th
 - ▶ End of Season: March 26th



Session Outcomes

Calendar Portion

Awards will be awarded at end of the season

- Awards will be given based off the following criteria
 - Gold: >45 days of working out (= working out 5 days a week)
 - Silver: 30-44 days (= working out at least 3 days a week)
 - Bronze: 20-29 days (= working out 2 days a week)

7 Exercise Portion

- 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,
- Step 2: circle the workouts you completed for each week (There is a few blank spaces which will allow you to write in what you did)
- 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.



Instructions for 7 Exercises

- Week 1: take a baseline score for 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

* You can submit scores on the calendar or through an online form that can be found on the Strength & Conditioning Page



How to Earn Points

Calendar

By completing the exercises/ workouts on the calendar

7 Exercises

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.