

# Rock the V-Challenge 2018

February 1-March 11<sup>th</sup>(through RockNRoll NO and beyond)

## V(5) week fitness challenge

### ***RUN HARD***

1. **KILLER WORK OUT** (note\*\* we will schedule several options for you to do these with the group OR you can do it on your own

20 X ¼ Mile with 1 minute rest between each

Date completed:\_\_\_\_\_

2. **SUPER CIRCUIT WORKOUT** (on your own or with group; check calendar for dates)

*\*\*we will email copies of this out to all participants*

Date completed:\_\_\_\_\_

3. **CORE STRENGTH COMPONENT** – complete everything! Use number to cross off.

Do 5 Sean Vigue video workouts(back by popular demand) 1 2 3 4 5

**\*\*you can do ANY of the videos but this is one -**

<https://www.youtube.com/watch?v=2Rmwv8IHltc>

Do 5 Adriene's Yoga for Runners 1 2 3 4 5

<https://www.youtube.com/user/yogawithadriene>

Do 5 classes or workouts – chose your own or do one that Varsity organizes with a local community partner. Mark Berger Fitness, Orange Theory, Yoglates, Parish Pilates, Iron Tribe, Barre classes, Tread BR, Higher Power, Evolve, Core Health and Body.etc.

List the class and the date

- 1.
- 2.
- 3.
- 4.
- 5.

Those opportunities will be posted on the V-Challenge Facebook page and email updates sent throughout the challenge.

**4. LIVE EASY - must do BOTH of these**

\_\_\_\_ Take a lessons, leisure or self-improvement class

*We will be arranging some group classes in BR, New Orleans and Mandeville and putting them on the schedule.*

*Examples for 2018:*

**Cocktails and Car Talk - with Blaze Ragusa of Ragusa Automotive. Half hour class to learn to change a tire, jump off a battery correctly, check oil and tire pressure.**

**Fun with Focaccia - baking class with Myria Butler**

**Red Stick Spice Soups for Runners Class - with Anne Milneck of Red Stick Spice**

**The Art of the Cupcake - with Tredicci Bakery**

**Meats and Mimosas - how to choose the right cut of meat with shops in each of the store markets**

*When and what class?\_\_\_\_\_*

**Work /Volunteer for a race or host a Varsity group run (2-3 people can team up to host a single run).**

We will have volunteer opportunities at Rock N Roll expo on March 2-3<sup>rd</sup>.

**Date worked or hosted:\_\_\_\_\_**

Weigh in with your local store between Jan. 22<sup>nd</sup> and February 1<sup>st</sup>..

**4. Make Goal Weight**

**Weigh in\_\_\_\_\_**

**Goal Weight\_\_\_\_\_**

**Final Weigh in\_\_\_\_\_ March 8-10th**