

ENERGIZE NZ MOUNTAIN CHALLENGE





This challenge is to provide goals and incentives for Cross Country fitness training. There are 45 x 550m runs needed to climb all the 10 mountain peaks. This is an average of 9 x 550m a week for 5 weeks.

Setting up the Challenge Course






Measure out a set course (eg 1100m with a 550m marker) so that individuals can work at their own level and are able to easily measure and record how far they have run. You may already have a set course within the school that you could measure. Let your Energizer know if you need help measuring a course.

How to use the Challenge Sheet

Each day that a run is completed, the appropriate number of 'feet' are shaded eg 1100m = 2 feet. Start at the lowest peak and then climb the mountains in order of height, working your way towards the final goal – Climbing Mt Cook! When you reach the summit (flag), you have completed the challenge. If students want to extend their challenge then they can run back by drawing a circle around each shaded 'foot'.

Remember to include huff and puff games during the week, as well as longer endurance running to make it interesting and fun for all abilities. A 20 minute huff and puff games session = one 'foot'.

Example: This week I did:

Monday	1100m	(2 feet)	
Tuesday	20 minutes huff and puff games	(1 foot)	
Wednesday	1650m	(3 feet)	
Thursday	20 minutes huff and puff games	(1 foot)	
Friday	1110m	(2 feet)	



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