



# SIGN UP FOR VIRTUAL KIDS DU OR FULL SPRINT DUATHLON MAY LONG RUN/BIKE/RUN!

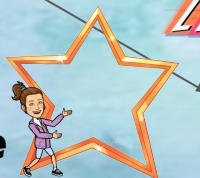


## KODIAK PE @ HOME APR. 27TH WEEK 5

- **MOTIVATIONAL MONDAY:** "MOTIVATION GETS US OUT THE DOOR, DETERMINATION IS MOTIVATION ON REPEAT." ~ MR.S J
- **PE @ HOME HSS RUN & BIKE CLUB** LOG YOUR RUN/BIKE/ROLLERBLADE FOR APR. 27-MAY 3...TRAIN FOR THE DU!
- **SPORT NUTRITION RECIPE:** ALMOND & DATE BREAKFAST COOKIE (I USED FIGS INSTEAD...YUM!)
- **AT HOME PROJECT FOR ASPIRING VOLLEYBALL PLAYERS:** THE SETTER BOARD . SCROLL DOWN THE LINK TO GET THE MATERIALS AND BUILDING SPECS.

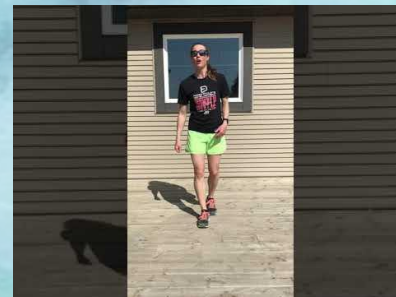


- **ACTIVITY OF THE WEEK: CREATE YOUR OWN OBSTACLE COURSE**
  - Consider a chalk sidewalk obstacle course
  - Use your backyard items: Trees, ladders, wheelbarrow...remember safety first!
  - Share your creativity on our Facebook Page [Kodiak PE @ Home](#) or [Email me](#).



**LET'S GO!**

**MRS. JOHNSON'S WORKOUT OF THE WEEK**  
**RUNNING ACTIVITY: 3 MIN WARM-UP 4X(1 MIN HARD RUN, 1 MIN WALK, 1 MIN JOG), COOL DOWN 3 MIN JOG**



**HSS RUN & BIKE CLUB ACKNOWLEDGMENTS: 44 ENTRIES!**

- Danica & Teagan Hernden - Most Entries ( 6 each)!
- Tyne Alliban fastest run pace 2km 8:50mins
- Danica & Teagan Hernden fastest 10km bike 56 mins
- Austin Fleming fastest rollerblade pace 6.5km 37 mins
- Beau Richard longest rollerblade entry 13km 1:40 mins
- Gavin Johnson fastest km pace over 3km (4km/18:44)



# JOIN THE HSS PE @ HOME RUN & BIKE CLUB

## WEEK 4



### KODIAK PE @ HOME APR. 20TH

- **MOTIVATIONAL MONDAY:** “THE ONLY ONE WHO CAN MAKE YOU FITTER & STRONGER IS YOU! PUSH YOURSELF TO BE BETTER.” ~ MR.S J
- **SIGN-UP FOR THE [PE @ Home HSS RUN & BIKE CLUB](#)**
- **SPORT NUTRITION RECIPE: [OVERNIGHT OATS](#)**
- **CHALLENGE! HOW LONG CAN YOU HOLD A PLANK? TIME YOURSELF AND [EMAIL](#) me OR SHARE AT [KODIAK PE @ HOME](#).**
- **Game of the Week: BUILDERS & BULLDOZERS**
  - Use plastic cups, stuffed animals or any object that you have that can be knocked over and stood up again.
  - Put all the items standing upright.
  - Players run around and knock them all down.
  - Time how long it takes. Set them back up and do it again trying to beat the first time.
  - Make it competitive by knocking down your opponents objects while trying to protect your items. Make it harder by using different areas of the house, or a soft ball to knock objects over.



**MRS. JOHNSON'S WORKOUT OF THE WEEK - ANIMAL BLAST! DO IT WITH ME. TRY TO DO 2 OR 3 SETS.**





# YOUR HEART IS IMPORTANT - WORK IT!

## Week 3



### KODIAK PE @ Home APR. 6TH - GYMNASTICS!

- **MOTIVATIONAL MONDAY:** Now is the time to set fitness goals! Is it a time goal, distance goal, strength related or commitment goal...BIG OR SMALL DO IT FOR YOURSELF TO BE BETTER THAN BEFORE.

- **Game of the Week: FNMI MUSK-OX FIGHT**

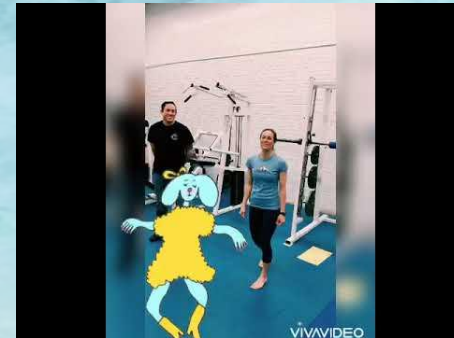
- Interlock head with hands and knees on the ground
- The goal is to uproot the opponent or push them over the line
- Knees and hands cannot come off the ground
- The person who pushes or uproots the other person over the line wins.



- **SPORT NUTRITION RECIPE:** [HIGH PROTEIN PANCAKES](#)
- **CHALLENGE!** CAN YOU [EMAIL](#) OR SHARE AT [KODIAK PE @ Home](#). A PICTURE OR VIDEO OF A STUNTNASTICS ROUTINE (REMEMBER SAFETY FIRST). See outlined [GYMNASTICS IDEAS](#).

- **JUST DANCE:** [DYNAMITE](#)
- **LOOKING FOR AN AWESOME DAILY FITNESS WORKOUT FOR KIDS? TRY PE WITH JOE. EACH WORKOUT IS 30 MINS! ZAP THE HEART!**

**MRS. JOHNSON'S GYMNASTIC SKILLS LESSON...PRACTICE YOUR SKILLS AND FOLLOW ALONG.**



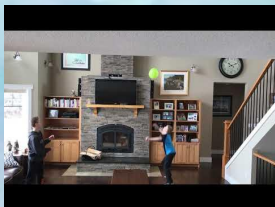


# JUST KEEP MOVING



## KODIAK PE @ Home MAR.30TH

- **MOTIVATIONAL MONDAY QUOTE: "WORKOUTS FEAR ME!" ~ ZEUS FITNESS**
- **GAME OF THE WEEK: BALLOON VOLLEYBALL**



*Use a piece of furniture as a net. You're allowed two touches, earn a point when the ball hits the opponent's side. Have fun!*



- **SPORT NUTRITION RECIPE: ENERGY BOMBS**
- **CHALLENGE! CAN YOU EMAIL OR SHARE AT KODIAK PE @ Home. A PICTURE OR VIDEO OF YOURSELF WORKING OUT WITH A PANTRY ITEM? See EXAMPLE**
- **JUST DANCE: HIGH HOPES**



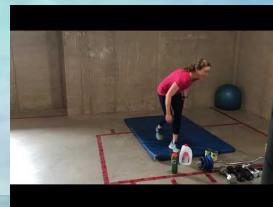
### MRS. JOHNSON'S WORKOUT OF THE WEEK:

**WARM-UP: 30 sec JOG ON THE SPOT, 10 OF EACH JUMPING JACKS, LUNGE WITH TWIST, SQUATS, KNEE SKIPS, HIP CIRCLES ARM CIRCLES**

**EQUIPMENT: MILK JUG FILLED WITH H2O = 10LBS, 2 CANS**  
**MAIN WORKOUT: COMPLETE 2 OR 3 SETS**

- **CURTSEY SQUATS WITH LATERAL RAISE 10 EACH SIDE**
- **10 SQUATS WITH HOMEMADE KETTLEBELL, 10 JUMP SQUATS**
- **PLANK HOLD WITH KNEE CRUNCH 20**
- **LUNGE WITH ROW 10 EACH SIDE**
- **WALL HANDSTAND OR PUSH-UPS 10-2- SECS**
- **SIDE LUNGE WITH BICEP CURL 10 EACH SIDE**
- **CRUNCHES 40**

**REPEAT!**



- **MRS. JOHNSON'S WORKOUT OF THE WEEK...FOLLOW ALONG!**



# INSTANT ACTIVITIES



## THIS WEEKS IDEAS

- **FOLLOW ALONG DANCE VIDEOS**  
[DPA JUST DANCE - THANKS 5C DANCE SQUAD](#)
- **GET OUTDOORS: WALK, HIKE, RUN, PLAY**
- **CONCEPT VIDEO FOR ELEMENTARY STUDENTS: [FITNESS](#)**
- [LITTLE SPORTS DAILY EXERCISES](#)
- **MRS. JOHNSON WORKOUT OF THE WEEK. SEE DEMO BELOW AND SIDE BAR.**



## MRS. JOHNSON'S WORKOUT OF THE WEEK:

### COMPLETE 2 SETS:

- 1 minute JOG ON THE SPOT
- PLANK HOLD 30 sec-1 min
- SQUATS 15
- LUNGES 10 EACH SIDE
- JACK SQUATS 10
- SIDE PLANK 30 sec EACH SIDE
- JUMPING JACKS 20
- CRUNCHES 30
- MOUNTAIN CLIMBERS 30 SECS-1 min
- SKI JUMPS 20 (10 EACH SIDE)
- STRETCHING



# VIRTUAL KIDS DU 1 KM RUN/5 KM BIKE/ 2KM RUN OR 2.5 KM RUN/20KM BIKE/5 KMS RUN

No races? No problem! The Airdrie Tri Club has your back! Join us for an Isolation Virtual Sprint Duathlon and support your local food bank at the same time!

**When:** Anytime over May long weekend

**Who:** Anyone and Everyone! We welcome and encourage non ATC members to join the fun!

**What:** A **full sprint duathlon** on your own! **2.5 km run / 20km bike / 5km run.** ( or a relay with members of your household! ) **OR Kis Du: 1 km run / 5 km bike / 2 km run.**

**Where:** Wherever you are!

**Why:** To motivate and push each other and to support our local food banks in this time of need!

**How to enter?** Make a donation to your local food bank! Any amount gets you in! ( links below ). Email coach Sharon proof of your donation to be entered and event option (Full or Kids Du). All donations will be kept confidential and we will give you all a total of what we accomplished when the event is over. If you are donating food just take a pic of you doing your drop. After you complete your du, post up your Garmin / Strava data on social media (along with photos of course) and tag us / Coach Sharon. Use hashtags **#airdrietriclub** **#airdrietriclubvirtualdu2020** **#atcvirtualdu2020** **#Duforthefoodbank**

**Prizes!** Yes we have prizes! We've got some ATC swag, gift cards to Tri It Multisport and Cranked and a one month training program from Coach Sharon! Prizes will be for Best Dressed, Gnarliest Course, Funniest Strava / Garmin Map and Fastest Time! We will get your help voting for the winners of each category!

## **Local food bank links:**

<https://www.airdriefoodbank.com/donate.html>

<http://www.mountainviewfoodbank.com/>

<https://www.calgaryfoodbank.com/donate/>

Get training gang! We've got a race to Du!

Cheers!

Coach Sharon

@airdrietriclub @triiitmultisport @trialberta  
@crankedbikeshop