

# OCTOBER 2K ROW

## Monthly Movement Challenge

OCTOBER 4 - OCTOBER 28 | MONDAYS - FRIDAYS

The 2k Row Challenge is simply a challenge to improve the endurance of the row, as well as the technique, in turn, decreasing your 2k row time in the process. To kick off the 2k Row Challenge, you will perform a 2k Row. During this time DO NOT "sandbag" this test and not try your best; we want you to do your best! You will have both October 4 & 5 to complete your 2k Row. During the bulk of the challenge (Oct. 6-Oct. 27) there will be three sessions per week, with a gradual increase of meters rowed each new week. The sessions per week will be performed as follows:

- |                                |                     |                     |
|--------------------------------|---------------------|---------------------|
| ▪ <b>Week 1 - Day 1:</b> 250m  | <b>Day 2:</b> 500m  | <b>Day 3:</b> 750m  |
| ▪ <b>Week 2 - Day 1:</b> 500m  | <b>Day 2:</b> 750m  | <b>Day 3:</b> 1000m |
| ▪ <b>Week 3 - Day 1:</b> 750m  | <b>Day 2:</b> 1000m | <b>Day 3:</b> 1500m |
| ▪ <b>Week 4 - Day 1:</b> 1000m | <b>Day 2:</b> 1500m | <b>Day 3:</b> 2000m |

Upon completion of each session, have a Wellness Staff Member verify and sign your card. If a Wellness Staff Member is not there upon completion, take a picture and show a Staff Member to be verified. Perform each session with the intention to better yourself will end up with a good result. So stick with it best you can and give it your all!

### Goals for the challenge:

- Improve endurance of the row
- Improve technique of the row
- Decrease 2k row time

### Get with a Wellness Staff member on Tuesday, October 5 to choose a plan to follow as well as complete your pre-test.

- A Wellness Staff Member will give you a 2k Row Challenge card (**keep up with your card**). A Staff Member will sign each day that you complete your session of rowing. (At your convenience, dates/lengths have been assigned for each day on your card).
- If you cannot attend the gym, video your plank and post it to the Choctaw Wellness or Choctaw CrossFit Facebook pages, or you can show it to a coach to be verified and signed.
- **Post-tests can be completed on Friday, October 29th.**
- If you complete **100% (12/12)** you will receive 15 Well Bucks! If you complete **75% (8/12)** you will receive 8 Well Bucks! So, if you want those Well Bucks, be consistent!

