NATIONAL VIRTUAL BIATHLON TRAINING

EVENT DATE: 9/27 - 10/5

WORKOUTS - PADDLING	M	T	W	Th	F	S	Su
DO 20 PUSH-UPS	☐	☐	☐	☐	☐	☐	☐
DO 100 PADDLE STROKES -DRY LAND	☐	☐	☐	☐	☐	☐	☐
GO FOR A SHORT PADDLE - 15 MINS	☐	☐	☐	☐	☐	☐	☐
GO FOR A PADDLE - 30 MINS	☐	☐	☐	☐	☐	☐	☐

NATIONAL VIRTUAL BIATHLON TRAINING

EVENT DATE: 9/27 - 10/5

WORKOUTS - RUNNING	M	T	W	Th	F	S	Su
DO 50 BODY SQUATS	☐	☐	☐	☐	☐	☐	☐
DO 50 CALF RAISES	☐	☐	☐	☐	☐	☐	☐
WALK/RUN 1.5 MILES	☐	☐	☐	☐	☐	☐	☐
TRY THE FULL 3.1 MILE RUN/WALK	☐	☐	☐	☐	☐	☐	☐