

Coach Whitney's BINGO Challenge

Goals by group: AG Gold = 3 rows, Juniors = 6 rows and Seniors = 9 rows (a row can be vertical, horizontal or diagonal.)
 Will you do more than I am asking you to? Have fun and let me know how you do using the Google Form linked [HERE](#) –
 I'll report my results, too. We will have a new BINGO board every week!

“Even if you're on the right track, you'll get run over if you just sit there. “

WEEK TWO

Complete this 10 minute upper body workout .	Drink at least 64 ounces of water for at least 5 days.	Run/lightly jog for 1 mile or at least 10 minutes.	Write a challenging set for your practice group.	Complete 1:00 of each Karate Krunch.
Complete 4/6 virtual coach assignment.	Complete this 5 minute yoga class: Mobilize your back	Write down at least 3 things you are thankful for.	___ push-up + ___ shoulder tap (2=1) Start at 1 rep each, then 2, then 3... up to 6 and then back down again (5 each, 4 each, 3...)	Create and eat a quick and healthy snack.
Do 1:30 of each exercise, rest :30 in-between: sit-ups, push-ups, jump squats and low plank.	Write down 3 specific swimming goals for this season.	Complete this 15 minute stretching routine .	Complete 4/8 virtual coach assignment	Do as many ½ burpees as you can in 5 minutes.
Read this article about swim snacks and pick 2 items to eat at our first meet.	Jump rope for 5 minutes.	Make a list of at least 6 swimming skills that you are really good at.	Complete this 10 minute Ab workout .	FREE SPACE
Take a 20 minute walk with someone in your family OR a 30 minute bike ride.	Complete 4/10 virtual coach assignment.	Do as many full burpees as you can in 4 minutes.	Send a positive note/message/text to a swimming friend.	Complete this 12 minute yoga class to improve your freestyle.