

# 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!

*"Stay positive, work hard and make it happen."*

## WEEK THREE

Wall sit as long as you can – rest 1:00 and then wall sit as long as you can again.	Visualize yourself swimming your favorite event.	Run/lightly jog for 1.5 miles or at least 15 minutes.	Write down 2 swimming specific skills that you want to get better at this season.	Complete 1:20 of each Karate Krunch.
Send a positive note/message/text to a swimming friend.	Complete this 12 minute yoga class: <a href="#">Create a strong cross body connection.</a>	Watch this <a href="#">motivational video</a> and get pumped up about your first swim practice!	Complete this 10 minute <a href="#">upper body workout.</a>	Complete 4/17 virtual coach assignment.
Do 1:45 of each exercise, rest 1:00 in-between: sit-ups, push-ups, jump squats and low plank.	FREE SPACE	Complete the exercises demonstrated in this video to improve <a href="#">shoulder mobility.</a> Be prepared to pause the video.	Complete 4/15 virtual coach assignment.	Jump rope for 6 minutes.
Complete 4/13 virtual coach assignment.	Plank as long as you can – rest 1:00 and then plank as long as you can again.	Visualize yourself swimming an event you have never done before (or have not done often.)	Complete 100 full burpees in one day.	Drink at least 64 ounces of water for at least 5 days.
Complete this 7 minute <a href="#">Ab workout.</a>	Watch this <a href="#">video</a> and get excited about your next swim meet!	Take a 20 minute walk with someone in your family OR a 30 minute bike ride.	Help your parents create a healthy meal (either breakfast, lunch or dinner.)	Complete this 15 minute <a href="#">yoga class</a> to help prevent injury.