



# Student Challenge Running Program

## Waiver

In consideration of being allowed to participate in the activities and programs of impossible2Possible, you hereby waive, release and forever discharge impossible2Possible, its employees, volunteers, agents, representatives, executors, and all others from any and all responsibilities or liability from injuries or damages resulting from my participation in any activities. You also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my participation in any activities and programs of impossible2Possible, its employees, volunteers, agents, representatives, executors, and all others. By participating in the activities and programs of impossible2Possible, you acknowledge that you understand and are aware that strength exercise, flexibility exercise, aerobic exercise, including the use of the equipment is a potentially hazardous activity. You also understand that the mentioned activities involve a risk of injury and even death, and that you are voluntarily participating in these activities and using equipment with knowledge of the dangers involved.





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| Week            | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  | Sunday   |
|-----------------|--|---|---|--|---|---|--|
| <b>1</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 3 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 5 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>  | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 7 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>  | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |  |   |   |  |   |   |  |
| <b>2</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 8 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 10 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 12 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |  |   |   |  |   |   |  |



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| <b>3</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 13 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 15 X (1 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 3 X (2 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |   |   |   |  |  |   |  |
| <b>4</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 5 X (2 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>  | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 7 X (2 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>  | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 9 X (2 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |   |   |   |  |  |   |  |





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| <b>5</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 3 X (3 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 4 X (3 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 5 X (3 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |  |   |  |  |  |   |  |
| <b>6</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 7 X (3 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 2 X (4 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 4 X (4 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |  |   |  |  |  |   |  |



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|-----------------|---|---|--|--|--|---|--|
| <b>7</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 5 X (4 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>  | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 2 X (8 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 3 X (8 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |   |   |  |  |  |   |  |
| <b>8</b>        | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 2 X (12 minute run/1 minute walk)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul> | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 1 X (20 minute run)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>              | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> | <ul style="list-style-type: none"> <li>• Warm up with a minimum of 5 minutes of walking.</li> <li>• Follow with: 1 X (25 minute run)</li> <li>• Finish with a minimum 5 minutes of walking cooldown.</li> </ul>              | <ul style="list-style-type: none"> <li>• Activation/Stability/Mobility Program</li> </ul> | <ul style="list-style-type: none"> <li>• Sports activity (I.e hockey, soccer, etc.)</li> </ul> |
| <b>TRACKING</b> |   |   |  |  |  |   |  |