

# FIT ENOUGH: RUN & REPS EDITION

Published 11/11/2025 by **Mahsa Hajir**

## FIT ENOUGH: RUN & REPS EDITION

### DETAILS:

**Name:** Fit Enough Challenge: Run & Reps Edition  
**Date:** Wednesday, November 26, 2025  
**Event Time:** 5:00 - 7:30pm  
**Location:** Dome, Newnham Campus  
**Transportation:** Transportation will be provided between the King, Seneca@York, and Newnham.

### Countdown to the Challenge:

- Registration Deadline: Thursday, November 20
- Registered participants will receive an email by Friday, November 21 to confirm their attendance.
- The first 24 participants to confirm attendance by Sunday, November 23 will secure a spot and be notified by email on Monday, November 24.
- Remaining participants will be on a waitlist and notified by email on Monday, November 24.
- Challenge Date: Wednesday, November 26

### DESCRIPTION:

Inspired by the popular HYROX competition, this event delivers a full-body challenge that tests endurance, strength, and determination. Each round combines a running lap with a bodyweight exercise. With six rounds in total, the challenge is dynamic, demanding, and fun.

### CHALLENGE FORMAT:

The event consists of two timed sections, each featuring three run-and-exercise combinations. In Heat 1, two groups of up to six participants will complete one of the sections. After a short break, the groups will switch and complete the remaining three run-and-exercise combinations. Heat 2 will follow the same structure as Heat 1 for the remaining two groups.

SECTION A (Timed)		SECTION B (Timed)	
Run 1	1 Lap Run	Run 4	1 Lap Run
Exercise 1	Lateral Hurdle Jumps (30 reps)	Exercise 4	Broad Jump (approx. 26 meters)
Run 2	1 Lap Run	Run 5	1 Lap Run
Exercise 2	Push Ups (30 reps)	Exercise 5	Full Sit Ups (30 reps)
Run 3	1 Lap Run	Run 6	1 Run
Exercise 3	Walking Lunges (approx. 60 meters)	Exercise 6	Burpees (20 reps)

### EVENT SCHEDULE:

5:00-5:15pm	Participant Check-In & Heat/Group Assignment
5:15-5:35pm	Exercise Demo & Participant Trial
5:35-5:40pm	Heat 1 to start position
5:40-6:00pm	HEAT 1 - Group 1 & 2 (Section A & Section B)
6:00-6:20pm	HEAT 1 - Group 2 & 1 (Section A & Section B)
6:20-6:40pm	HEAT 2 - Group 3 & 4 (Section A & Section B)
6:40-7:00pm	HEAT 2 - Group 4 & 3 (Section A & Section B)
7:00pm	Light Meal (Subway Sandwiches)
7:10pm	Winners' Awards & Group Photos
7:30pm	SY and KG to Residence entrance for Ubers

### AWARDS:

Awards will be presented to the top two finalists with the fastest combined overall times from Sections A and B.

### TRANSPORTATION:

To NEWNHAM - Uber

PICK-UP Point & Time

*\*Please arrive 10 minutes prior to the departure time to check-in.*

Campus	Location	Check-In Time	Departure Time
King	13990 Dufferin St., King City (Magna Hall - Main Entrance)	3:50pm	4:00pm
Seneca@York	70 The Pond Rd. North York (Recreation Centre)		

### DROP OFF Point & Time

Newnham	1760 Finch Ave E. (Seneca Polytechnic Residence - Main Entrance)	4:35pm
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Return to SENECA@YORK & KING - Uber

PICK-UP Point & Time

Newnham	1760 Finch Ave E. (Seneca Polytechnic Residence - Main Entrance)	7:40pm
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### DROP-OFF Point & Times

King	13990 Dufferin St., King City (Magna Hall - Main Entrance)	8:40pm
Seneca@York	70 The Pond Rd. North York (Recreation Centre)	8:10pm

### EXERCISE GUIDELINES & REP RULES:

**1 Lap Run:**

Each 1 lap run is around half the field.

**Lateral Hurdle Jump (30 reps):**

Jump sideways over the hurdle with both feet together. Land softly with knees slightly bent to absorb impact, keeping your core engaged for balance.

*Rep Rule: The rep counts only if both feet clear the hurdle at the same time.*

**Push Ups (30 reps):**

Maintain a straight line from head to knees or toes. Lower your chest until it touches the push-up marker, then push back up. Keep your core engaged to protect your lower back. Women may perform push-ups from their knees.

*Rep Rule: A repetition only counts if your chest touches the marker and both arms are fully extended at the top.*

**Walking Lunges (60-meter distance approx.):**

Step forward and gently lower your back knee toward the ground. Keep your torso upright and your core engaged to protect your knees and back.

*Rep Rule: Each rep counts only if the back knee lightly touches the ground.*

**Broad Jumps (26-meter distance approx.):**

Use both feet to push off the ground explosively and land with both feet together, knees slightly bent. Swing your arms for momentum and keep your gaze forward to maintain balance.

*Rep Rule: Both feet must leave the ground and land together. Participants must begin each jump from the exact spot where they landed—no stepping forward before the next jump. If a participant loses balance and falls forward, the next jump must start from the point where their feet first made contact with the ground.*

**Full Sit-Ups (30 reps):**

Lie on your back with knees bent and feet flat on the floor. Engage your core as you lift your torso, bringing your elbows to touch your knees. Lower slowly to protect your lower back.

*Rep Rule: A repetition counts only if your elbows touch the tops of your knees at the peak and your shoulder blades return to the mat at the bottom.*

**Burpees (20 reps):**

From standing, drop into a plank with hands under shoulders, then return to standing with a jump and arms overhead. Land softly and engage your core to protect your spine and knees.

*Rep Rule: Each rep counts only if your body fully extends during the jump with arms overhead.*

**Registration Link:**[Fit Enough Challenge - Run & Reps Edition - Seneca Recreation Home](#)