

# FIT ENOUGH: RUN & REPS EDITION

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## FIT ENOUGH CHALLENGE: RUN & REPS EDITION

### **REGISTRATION LINK**

#### **DETAILS:**

**Date:** Wednesday, February 11, 2026

**Event Time:** 5:00 - 7:30pm

**Location:** Dome, Newnham Campus

**Transportation:** Transportation will be provided to Newnham, from King & Seneca@York departing at 4:05pm (participants must arrive at 4:00pm to check in prior to departure). Transportation will be provided back to King and Seneca@York, departing at 7:40pm.

#### **Countdown to the Challenge:**

- Registration Deadline: Monday, February 9
- Registered participants will receive a reminder email on Tuesday February 10.
- Max participants: 24
- Challenge Date: Wednesday, February 11

#### **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 or functional exercise. With six rounds in total, the challenge is dynamic, demanding, and fun.

#### **CHALLENGE FORMAT:**

The challenge is made up of two timed sections, each including three run-and-exercise combinations. Participants will compete in heats of up to six people, completing Section A first and then Section B, with built-in time to rest and recover between sections.

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	Sandbag Shuttle (3)
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:**

4:50pm	Participants – Dome Sign In & Event Check In
5:00pm	Participant Heat Assignment
5:10pm	Demo Challenge Format & Exercises
5:40-6:20pm	Section A: Heats 1-4



6:20-7:00pm	Section B: Heats 1-4
7:00pm	Group Photos
7:15pm	Light Meal (Subway Sandwiches) in Residence Meeting Room
7:20pm	Winners' Awards & Photos
7:40pm	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 5 minutes prior to the departure time to check-in.*

Campus	Location	Check-In Time	Departure Time
<b>King</b>	13990 Dufferin St., King City (Magna Hall - Main Entrance)	4:00pm	4:05pm
<b>Seneca@York</b>	70 The Pond Rd. North York (Recreation Centre)	4:00pm	4:05pm

**DROP OFF Point & Time**

<b>Newnham</b>	1760 Finch Ave E. (Seneca Polytechnic Residence - Main Entrance)	4:45pm
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**Return to SENECA@YORK & KING - Uber**

**PICK-UP Point & Time**

<b>Newnham</b>	1760 Finch Ave E. (Seneca Polytechnic Residence - Main Entrance)	7:40pm
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**DROP-OFF Point & Times**

<b>King</b>	13990 Dufferin St., King City (Magna Hall - Main Entrance)	8:10pm
<b>Seneca@York</b>	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.*

**Sandbag Shuttles (3 shuttles):**

Carry the sandbag at a fast, controlled pace from the start cone to the end cone, turning around each cone to shuttle back and forth. Keep the sandbag close to your body while moving. Bend at the hips and knees when picking up or setting down the sandbag and look ahead—not down—while running. Sandbag Weight: Females (20lbs) / Males 40lbs.

*Rep Rule: Carry the sandbag close to your chest, cradled in our arms.*

**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.*