

■ THE CANADIAN COAST CARDIO ADVENTURE



FOX FITNESS
TRAINING

Date	Activity	Duration	Resistance	Distance
1.				
2.				
3.				
4.				
5.				
6.				
7.				
8.				
9.				
10.				
11.				
12.				
13.				
14.				
15.				
16.				
17.				
18.				
19.				
20.				
21.				
22.				
23.				
24.				
25.				

Check Points

START: Whitby ON

5 Miles : Oshawa ON

19 Miles : Newcastle ON

33 Miles : Port Hope ON

41 Miles : Cobourg ON

65 Miles : Brighton ON

72 Miles : Trenton ON

83 Miles : Belleville ON

105 Miles : Napanee ON

130 Miles : Kingston ON

146 Miles : Gananoque ON

178 Miles : Brockville ON

238 Miles : Cornwall ON

304 Miles : Montreal QC

342 Miles : St. Hyacinthe QC

370 Miles : Drummondville QC

462 Miles : Quebec City QC

512 Miles : Montmagny QC

538 Miles : St. Jean Port Joli QC

579 Miles : Riviere Du Loup QC

612 Miles : Cabano QC

749 Miles : Grand Falls NB

821 Miles : Fredricton NB

927 Miles : Moncton NB

1028 Miles : Charlottetown PEI

1086 Miles : Halifax NS

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YOU MADE IT!

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Instructions:

Correlate your accumulative distances from your cardio workouts with the check points.
Circle each check point destination once you have traveled the necessary distance.
Continue to the next destination on your route.
Travel at a pace that is appropriate to your fitness levels, *"Life is a cinch, inch by inch!"*

Inspire others to join you on your journey!

You may want to consider the benefits of inviting others to join you in the cardio program.
The more people involved, the more fun the challenge will be.
The more fun the exercise becomes, the more you are likely to do.
And doing more exercise will lead to more fat loss and greater health for all who are involved!

Let the Race Begin...Start a Performance Group!

Consider putting together a Performance Group to hold each other accountable.
Include rankings of progress, personal best records, and consistency.
Motivate each other to try to take the lead.
Have prizes or rewards for top finishers.

For Maximal Fat Loss:

Perform cardio when blood sugar levels are low, such as

- First thing in the morning on an empty stomach, or
- Immediately following a resistance training workout

Your Cardio Activity Options:

- Walking on the treadmill
- Running on the treadmill
- Walking or running a specific route, using an odometer or pedometer to measure distance.
- Elliptical Machines
- Cross Trainers
- Stepmaster
- Swimming
- Rowing Machines
- Spin Class (Worth the equivalent distance you would travel on an exercise bike in that time)

Conversion Chart:

- 1 Mile = 1760 Yards
- 1 Yard = .000568 Miles
- 1 Mile = 1.61 Kilometers
- 1 Kilometer = .62 Miles

To convert online, go to: www.metric-conversions.org/length/miles-to-kilometers.htm

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