



**FOX FITNESS  
TRAINING**

Date	Activity	Duration	Calories	Distance	Total 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 : Winnipeg, Manitoba
- ☐ 29 Miles : Elie
- ☐ 54 Miles : Portage La Prairie
- ☐ 75 Miles : Macgregor
- ☐ 83 Miles : Austin
- ☐ 107 Miles : Carberry
- ☐ 126 Miles : Douglas
- ☐ 141 Miles : Brandon
- ☐ 172 Miles : Minnedosa
- ☐ 193 Miles : Erickson
- ☐ 247 Miles : Dauphin
- ☐ 284 Miles : Ethelbert
- ☐ 295 Miles : Garland
- ☐ 306 Miles : Pine River
- ☐ 326 Miles : Cowan
- ☐ 350 Miles : Camperville
- ☐ 382 Miles : Winnipegosis
- ☐ 397 Miles : Meadow Portage
- ☐ 419 Miles : Waterhen
- ☐ 475 Miles : Gypsumville
- ☐ 494 Miles : Fairford
- ☐ 506 Miles : Hilbre
- ☐ 524 Miles : Grahamdale
- ☐ 559 Miles : Moosehorn
- ☐ 568 Miles : Ashern
- ☐ 585 Miles : Mulvihill
- ☐ 594 Miles : Ericksdale
- ☐ 607 Miles : Lunder
- ☐ 623 Miles : Oakpoint
- ☐ 630 Miles : St. Laurent
- ☐ 640 Miles : Lake Francis
- ☐ 646 Miles : Woodlands
- ☐ 677 Miles : Warren
- ☐ 684 Miles : Gross Isle
- ☐ 704 Miles : Winnipeg

[www.thecardiochallenge.com](http://www.thecardiochallenge.com)

**YOU MADE IT!**

# THE SURVIVOR MANITOBA CHALLENGE



**FOX FITNESS  
TRAINING**

## Instructions:

- *"Manitoba is a cinch, inch by inch"*: Correlate your total distance to the check points.
- Checkmark each check point once you have traveled the equivalent total distance.
- *Don't overdo it, don't underdo it*: Maintain workouts of 25-45 minutes, 3-6 times a week.
- *Use appropriate intensity*: Keep your heart rate between 65 and 85% of your maximum.
- Your Maximum Heart Rate (220 minus your age) = \_\_\_\_\_
- Your Target Heart Rate Zone (65 to 85% of your Maximum Heart Rate) = \_\_\_\_\_

## Participate Online ([www.Foxfitness.ca](http://www.Foxfitness.ca)):

- Have your statistics calculated, including average speed, distance, pounds of fat burned, etc.
- Have your progress across Manitoba tracked for you.
- Race against others. An automatic e-mail notifies users who has passed them in the race! Track your rank in the leader board, and inspire competition in the Trash Talk Forum.

## Your Cardio Activity Options and their default distance values:

- Walking: *Slow Pace = 3 mph, Fast Pace = 4 mph*
- Running: *Slow Pace = 5 mph, Medium pace = 6mph, Fast pace = 7 mph*
- Cycling outdoors or on a stationary bike: *12 mph*
- Elliptical or Cross Trainer Machines: *4.5 mph*
- Rowing, outdoors or on a machine: *4 mph*
- Skipping: *6 mph*
- SPIN Class: *10 mph*
- Stairclimbers or Stepmasters: *3.5 mph*
  
- Aerobics Class: *2 mph*
- Basketball: *4.5 mph*
- Cross Country Skiing: *Casual Pace = 2.5 mph, Fast Pace = 6mph*
- Football, flag or touch: *4 mph*
- Hockey: *2.5 mph*
- Snowshoeing: *4 mph*
- Soccer: *4 mph*
- Squash: *3.5 mph*
- Swimming or Waterpolo: *2 mph*
- Tennis: *Singles = 4.5 mph, Doubles = 2.5 mph*
- Ultimate Frisbee: *4.5 mph*

*\* Rather than using the default distances, you may use an odometer or pedometer to measure out your actual distance travelled*

## For Maximal Fat Loss:

Perform cardio when blood sugar levels are lowest, such as

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

## Conversion Chart:

- 1 Mile = 1.61 Kilometers / 1 Kilometer = .62 Miles
- 1 Mile = 5280 Feet / 1 Foot = .000189 Miles

[www.thecardiochallenge.com](http://www.thecardiochallenge.com)