



THE CANADIAN CARDIO CHALLENGE



FOX FITNESS
TRAINING

☒ Check Points

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.					

- ☒ Start : Toronto ON
- ☐ 15 Miles : Scarborough ON
- ☐ 28 Miles : Pickering ON
- ☐ 36 Miles : Whitby ON
- ☐ 41 Miles : Oshawa ON
- ☐ 69 Miles : Port Hope ON
- ☐ 101 Miles : Brighton ON
- ☐ 119 Miles : Belleville ON
- ☐ 141 Miles : Napanee ON
- ☐ 166 Miles : Kingston ON
- ☐ 182 Miles : Gananoque ON
- ☐ 214 Miles : Brockville ON
- ☐ 274 Miles : Cornwall ON
- ☐ 340 Miles : Montreal QC
- ☐ 378 Miles : St. Hyacinthe QC
- ☐ 406 Miles : Drummondville QC
- ☐ 498 Miles : Quebec City QC
- ☐ 548 Miles : Montmagny QC
- ☐ 574 Miles : St. Jean Port Joli QC
- ☐ 615 Miles : Riviere Du Loup QC
- ☐ 648 Miles : Cabano QC
- ☐ 785 Miles : Grand Falls NB
- ☐ 857 Miles : Fredricton NB
- ☐ 963 Miles : Moncton NB
- ☐ 1064 Miles : Charlottetown PEI
- ☐ 1122 Miles : Halifax NS

To participate in this program online, visit www.FoxFitness.ca

YOU MADE IT!



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Instructions:

- *"Life 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):

- Have your statistics calculated, including average speed, distance, pounds of fat burned, etc.
- Have your progress across Canada 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.
- Visit www.Foxfitness.ca to register your complimentary account, and join others in the journey across Canada!

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