



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) = _____

Inspire others to join you on your journey!

Consider the benefits of inviting others to join you in the cardio program:

1. The more people involved, the more fun the challenge will be,
2. The more fun you have, the more exercise you are likely to do,
3. More exercise will translate into fat loss and greater health for all who are involved!

Your Cardio Activity Options and their default distance values:

- Walking: *3 miles/hour*
- Stairclimbers or Stepmasters: *3.5 miles/hour*
- Swimming or Waterpolo: *3.5 miles/hour*
- Hockey: *3.5 miles/hour*
- Squash: *4 miles/hour*
- Rowing, outdoors or on a machine: *4 miles/hour*
- Elliptical or Cross Trainer Machines: *4 miles/hour*
- Tennis: *4.5 miles/hour*
- Basketball: *5 miles/hour*
- Running: *6 miles/hour*
- Skipping: *6 miles/hour*
- SPIN Class: *7 miles per class*
- Cycling outdoors on a stationary bike: *worth 10 miles/hour*

** 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

Keep it Fun!

- Do cardio with a friend so you can "catch up on the latest"
- Listen to music, or an audiobook
- Perform cardio workouts while watching the news, or your favorite TV program.

Conversion Chart:

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

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