

Team Challenge #1

Trainer: Jeremy Petfalski

Challenge: Sled Push

Date Due: Sunday, November 27th by noon

Each trainer will mark off 30 yds on the turf with cones. They will then break up the team, half on one cone and half on the other. With the sled set on the 2nd resistance level, the first person will push the sled as fast as they can 30 yds to the other cone. Once the **front** of the sled passes the cone, they are done and will go to the back of the line on that side of the turf. Meanwhile, the first person on that cone will push the sled back to the first cone. And so on. The goal is to push the sled as many lengths as possible in 8 minutes. Trainers will time it as well as count the lengths his/her team gets. Each Team gets 3 points for participation. For the last push, if you do not complete one full length before your 8 min. is up, anything over 15 yds (halfway) will count as 1 length. Anything less than 15 yds will count as 0 lengths. The Trainer will report the team results to Erin at efaught@princetonclub.net.

Team Name/ Day/ Time: _____

Trainer: _____

of Team Participants: _____

Total Lengths completed in 8 min: _____