



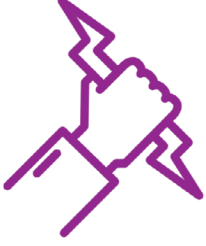





REVEAL YOUR CHAMPION: APRIL ACCELERATION

WEEK 4: SPRINT TO THE END

Get ready to Reveal Your Champion:

- Open Space
- Comfortable Clothing
- Water Bottle
- Towel
- Mat
- Watch/Timer

04/26/2021	04/27/2021	04/28/2021	04/29/2021	04/30/2021	05/01/2021	05/02/2021
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Speed	Endurance	Power	Flexibility	Speed & Power	Strength	Rest Day
Pedal to the Metal	Endurance Intro	Pump it Up!	Namaste	Tower of Power	Max it Out	Set your goals for the week!
						
Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	Click to begin workout	
Recovery Activity: 30 Minute Walk	Recovery Activity: Athlete Wellness Yoga	Recovery Activity: SOSC Healthy Lifestyle: Mindfulness	Recovery Activity: 30 Minute Walk	Recovery Activity: Athlete Wellness Yoga	Recovery Activity: SOSC Healthy Lifestyle: Mindfulness	GOALS

April Wellness Activities:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Spend a day "unplugged" from technology! Take a break from being constantly in front of a screen.	Laughter is a great stress reliever! Watch a funny video or tell a funny story! We love this video .	Check out this recipe for zucchini sushi rolls!	It is International Dance Day! Play your favourite songs and show off your moves!	End the month by writing down 3 things that you are thankful for!	Take a mindfulness break today. Sit down, close your eyes, and focus on deep breathing. If you want, listen to relaxing music.	Washing the dishes, taking a shower, and going for a walk are all perfect times to focus on mindful deep breathing.