

FITNESS HEPTATHLON



March 4, 2021



FITNESS HEPTATHLON

AGENDA

Welcome

Facts

Exercises

Coach Job Responsibilities

Weekly Training Guide

Coaches Roundtable

Workout



FITNESS HEPTATHLON



2 TIMES
as likely to be
OBESE



2-4 TIMES
as likely to be less
PHYSICALLY
ACTIVE



LIFE
EXPECTANCY
is reduced by
an average of
16 YEARS



5 TIMES
as likely to have
DIABETES



2 TIMES
as likely to have
CARDIOVASCULAR
DISEASE &
ASTHMA

6.5 million people in the United States and an estimated 200 million people worldwide have an intellectual disability. Through **sports, health, and fitness**, we can change the statistics below for people with ID and become a **stronger, healthier, and more unified community.**

FITNESS HEPTATHLON



WHAT IS THE FITNESS HEPTATHLON?

The Fitness Heptathlon provides Special Olympics Pennsylvania (SOPA) participants with an opportunity to train and compete in an event comprised of 7 different fitness exercises (chosen from a full menu of 26 options)

For competition, participants earn points based upon their performance improvement level in each exercise

Download our Spring Fitness Heptathlon [General](#) and [Athlete](#) Fact Sheets. #FitHepPA

SEASON BEGINS WEEK OF MARCH 15TH TO THURSDAY, MAY 27TH

FITNESS HEPTATHLON



EVENTS OFFERED

- Singles
- Doubles (traditional & Unified)
- Teams 4 to 10 participants (traditional & Unified) 50% athletes & Unified partners

FITNESS HEPTATHLON



RESOURCES

[Fitness Heptathlon Webpage](#)

Coaches Information:

- [Fitness Heptathlon Coaches Responsibilities](#)
- [Fitness Heptathlon Coaches Guide](#)
- [Fitness Heptathlon Coaches Tracking Sheet](#)

Athlete/Unified Partner Information:

- [Fitness Heptathlon Participant Score Sheet](#)

FITNESS HEPTATHLON



HEALTH EDUCATION

We will educate all Fitness Heptathlon participants about why height, weight and blood pressure are important and how to collect at home.

[Spring Fitness Heptathlon Health Resources](#)

As a requirement of participation in the Fitness Heptathlon, participants are expected to complete the [Lifestyle Survey](#) at the start (week 1) and end (week 10) of the training.

FITNESS HEPTATHLON



PARTICIPANT REQUIREMENTS

- All Coaches or Unified Partners must be [Class A volunteers](#)
- **Virtual** Fitness Heptathlon Participants
 - Non-registered participants as well as **registered** Special Olympics Pennsylvania athletes with an expired medical will be required to electronically sign a release form
 - If the non-registered individual is going to continue to participate with Special Olympics Pennsylvania as a registered athlete/Unified Partner, they must have a valid medical form prior to beginning in-person activities

FITNESS HEPTATHLON

DIVISIONING

- Singles: Divisions will be based on age, gender, and composite score
- Doubles: Traditional or Unified
- Teams: Traditional or Unified
 - Composite scores will be added together for a team composite score



FITNESS HEPTATHLON



NEW FOR SPRING 2021

- Removed the 55 second time limit on 4 exercises
- Removed the metronome timing on curl-up
- Increased team size from 4 to include 4 to 10 participants
 - 50% athletes 50% Unified partners

FITNESS HEPTATHLON



DUE DATES

- Monday, March 15th by 11:59 pm – VSys Roster
- Thursday, March 25th by 11:59 pm – Baseline Google Scoresheet
- Thursday, April 22nd by 11:59 pm – Mid-Season Google Scoresheet
- Thursday, May 27th by 11:59 pm – Final Google Scoresheet





Exercises

AGILITY	STRENGTH	ENDURANCE
10 Yard Run, Walk or Roll	Squats	Step Test
10-5-10 Agility	Sit and Stand	Jumping Jacks
Box Agility	Wall Sit	Burpee
Ball Tap	Planks	Jump Rope
Lane Slides	Standing Long Jump	Mountain Climbers
One Leg Stance - Eyes Open	Side to Side Jumps	Power Punches
One Leg Stance - Eyes Closed	Curl Ups	Front to Back Jumps
Seated Lateral Bends	Chair Push Ups	Seated Jumping Jacks
	Push Ups	
	Roman Holds	



Items in **Blue** -
mobility issues

Each athlete or
partner may
choose their
own seven
exercises.

FITNESS HEPTATHLON

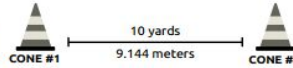
AGILITY

10 YARDS -
RUN/WALK/ROLL

MATERIALS

Before you start, make sure you have:

- Two cones
- Measuring tape
- Stop watch



PROCEDURE AND SCORING

PREPARATION: Create a start line and finish line measured at 10 yards (9.144 meters) with cones.

EXERCISE:

1. Participant will be timed as they run/walk/roll from the start to finish.

SCORING: The time it takes participant to go from start to finish line is recorded as their total time.

**WATCH THE
VIDEO HERE**



Supplies Needed

Preparation,
Notes, Exercise
and Scoring

Link to Video

Participants in
Action

FITNESS HEPTATHLON



DATA COLLECTION

Fitness Heptathlon Coaches Tracking Sheet

Form for coaches to keep record of each participants times and scores.

Fitness Heptathlon Participant Score Sheet

Form for participants to record their times and scores.



Coach Job Responsibilities

FITNESS HEPTATHLON



PRIOR TO THE START OF THE SEASON

- All coaches participating must be Class A volunteers
 - New volunteers: complete the [SOPA Volunteer application](#) to get started
 - Returning volunteers: visit your [V Sys profile](#) and ensure all Class A volunteer requirements are complete
- Ensure your participants have copies of the “Fitness Heptathlon Weekly Training Guide” or know where to find them on the “Commit To Fit” Website
- Determine the best platform to work with your athletes training - Zoom, Facebook, Phone

Remember to:

- During Training review the Fit 5 Educational information from the “Fitness Heptathlon Weekly Training Guide”

FITNESS HEPTATHLON



Week 1

- Review exercises with athletes & Record their choices
- Assist with baseline scoring
- Fitness Heptathlon Training Guide - Week 1, Training 1 & Week 1, Training 2

Week 2

- Collect all **Baseline Scores** and submit to your programs Competition Coordinator
- Week 2, Training 1 & Week 2, Training 2

Week 3 - Fitness Heptathlon Training Guide - Week 3, Training 1 & Week 3, Training 2

Week 4 - Fitness Heptathlon Training Guide - Week 4, Training 1 & Week 4, Training 2

FITNESS HEPTATHLON



Week 5

- Assist with Mid-Season Scores where needed
- Collect all **Mid-Season Scores** and submit to your programs Competition Coordinator
- Fitness Heptathlon Training Guide - Week 5, Training 1 & Week 5, Training 2

Week 6 - Fitness Heptathlon Training Guide - Week 6, Training 1 & Week 6, Training 2

Week 7 - Fitness Heptathlon Training Guide - Week 7, Training 1 & Week 7, Training 2

Week 8 - Fitness Heptathlon Training Guide - Week 8, Training 1 & Week 8, Training 2

Week 9 - Fitness Heptathlon Training Guide - Week 9, Training 1 & Week 9, Training 2

FITNESS HEPTATHLON



Week 10

- Assist with Final Assessment Scoring
- Collect Final Scores and Submit to Your Competition Coordinator

Awards Ceremony

- TBD



FITNESS HEPTATHLON



COACHES PROGRESSION PLAN

- Bronze Level - Participating in Fit 5 goal setting/tracking
- Silver Level - Training twice a week for a minimum of 10 weeks
- Gold Level - Year round training



Weekly Training Guides

FITNESS HEPTATHLON

Warmup (before every workout)

WARMUP (10 minutes)

WALKING/JOGGING

1. Walk around a room or outside for 1 minute, then jog outside or in place for 2 minutes.

ARM CIRCLES

1. Hold arms out to sides at shoulder height.
2. Make 15 small circles rotating arms forward. Rest.
3. Repeat arm circles by rotation backward 15 times.

SIDE SHUFFLE

1. Face forward, bending slightly at the knees and hips and keeping your back straight.

2. "Shuffle" sideways for 20 steps and then back the opposite direction for 20 steps.

HEEL-TO-REAR/BUTT KICKS

1. Walk or slowly jog forward and lift your heels as far as possible as if to hit your buttocks. Perform 15 butt kicks on each leg.

POWER SKIP

1. Skip as high as you can on one leg, while raising the opposite knee to your chest.
2. Reach the arm opposite the high knee up as far as you can to exaggerate the skip and arm swing. Focus on how high you can skip rather than how far.
3. Perform 15 skips on each leg.

Note: Please bookmark this page and repeat this warmup before every workout !!

FITNESS HEPTATHLON

Each Workout
has three pages

1 for Endurance
1 for Strength
1 for Flexibility

Written Directions

Step by Step Pictures

Week 1, Workout 2



LEVEL
1

WARMUP - (10 minutes) Complete warmup found on **Page 5** prior to beginning exercises.

ENDURANCE - (15 minutes) Do each exercise for 30 seconds. Rest for 1 minute in between each exercise. Complete three times.

JUMPING JACKS

1. Jump up and spread your legs apart as you swing your arms over your head.
2. Jump again and bring your arms back to your sides and your legs together.



EXERCISE

Exercise is very important to your overall health. Exercise will improve your health and at the same time will make you feel good about yourself. Exercise can help you manage your weight, boost your energy levels, improve your mood/self-esteem, strengthen bones, help you sleep better, and make your heart/lungs stronger!

ENDURANCE

Endurance is the ability of your body to keep moving for long periods of time. Endurance can help you run farther distances without stopping and practice longer with fewer breaks.

Examples of endurance exercise:

» Running	» Brisk Walking
» Biking	» Aerobics Classes
» Dancing	» Swimming

Endurance exercises can be done anywhere.

Fit 5

9 Special Olympics PA Unified Teams

The peach section is
the Fit 5 -
Educational Piece

FITNESS HEPTATHLON



Cool Down (after every workout)

COOL DOWN (10 minutes)

QUAD STRETCH

1. Stand near a wall or another sturdy piece of equipment for support.
2. Grasp one leg slightly above the ankle; bend and lift the leg behind your back.
3. Slowly pull up and back until you feel a stretch in the front of your leg. Hold for 30 seconds.
4. Repeat with other leg.

HAMSTRING STRETCH

1. With legs slightly apart and knees slightly bent, bend over and try to touch knees, then shins, then ground.
2. Hold each position for 10 seconds.
3. Repeat 3 times.

KNEE TO CHEST STRETCH

1. Lie on the floor with legs straight out in front of you.
2. Bend one knee and gently pull it to your chest to stretch the lower back. The opposite leg can remain straight or bend, whichever is more comfortable.
3. Hold for 30 seconds. Switch legs and repeat.

SHOULDER STRETCH

1. Stand up straight and bring one arm across the body.
2. Hold it with the opposite arm either above or below the elbow.
3. Hold for 10 seconds. Switch arms and repeat.

Note: Please bookmark this page and repeat this warmup after every workout !!

FITNESS HEPTATHLON



SAMPLE LESSON PLAN

Warm-up	5 to 10 minutes
Endurance	10 to 15 minutes
Strength	10 to 15 minutes
Flexibility	10 to 15 minutes
Activity/Games	5 to 10 minutes
Cool Down	10 minutes
Fit 5 Goal Setting	10 minutes



COACHES ROUNDTABLE

FITNESS HEPTATHLON

COACHES

- Gina Reid - SOPA Sr. Field Director
- Shannon Pechart - Area M Sport & Competition Coordinator
- Bobby Murphy - Adams County Sport & Competition Coordinator
- Matt Bakey - Coach Philadelphia



BOBBIE MURPHY Adams County

Coaching one athlete

Additional activities to keep athlete engaged

How did you keep athlete engaged being 1:1

Success story



MATT BAKEY Philadelphia

Large group 15-20 athletes

How you managed a large group

How to engage all athletes

Success story

SHANNON PECHART Area M

Created [Facebook group](#)

Posted Workout 1 every Monday.

Created own video

Workout 2 was a Zoom call

Success Story

GINA REID Multi County

Medium group

8 different counties: Getting to know each other, FUN, Competing Against Yourself

Communication: Email Workout/Lesson Plan, Group Text, [Practice Tracker](#)

Routine: Welcome, Wins of the Week & Lesson, Warm Up/Workout/Cool Down, Homework/Challenge

Engaging activities: Weekly Challenges, Themed Workouts - Warrior Choice, Virtual Dinner, Polar Pop

[Workout Example](#): We used Zoom for Workouts (2 times a week)



QUESTIONS



WORKOUT