

# FITNESS HEPTATHLON

TRAIN AND COMPETE IN SOPA'S NEWEST COMPETITION

Season runs from Nov. 15 – Feb. 25

## WHAT IS A FITNESS HEPTATHLON?

- A new event!
- Athletes and Unified Partners will choose 7 exercises, out of a menu of 26 options.
- Your score will be set by your improvement made in each exercise.

## TRAINING:

- You will have two training sessions per week.
- Training material will be given to your coach.

## COMPETITION:

- The first week of training, your coach will get your scores to see how you start.
- The fifth week of training, your coach will get your scores again to see how you have improved. You will be divisioned against other athletes that have improved as much as you have.
- The tenth week of training, your coach will get your scores to determine how you will place against the other athletes in your division, and what medal you will receive!

## HOW YOU COMPETE - YOU CAN PICK ONE:

- Single (1 athlete)
- Pairs (2 athletes)
- Unified Pairs (1 athlete & 1 partner)
- Team (4 athletes)
- Unified Teams (2 athletes & 2 partners)

## WHAT YOU COMPETE IN - 7 EVENTS FROM THESE OPTIONS:

### AGILITY

*You Pick Two:*

- 10 yd. Run, Walk, Roll\*
- 5-10-5 Run, Walk, Roll\*
- Box Agility\*
- One Leg Stance - Eyes Open
- One Leg Stance - Eyes Closed
- Seated Lateral Bends\*
- Ball Taps
- Lane Slides

### STRENGTH

*You Pick Two:*

- Squats
- Sit and Stand
- Wall Sits
- Standing Long Jump
- Planks
- Side to Side Jumps
- Curl Ups
- Chair Push Ups\*
- Push Ups
- Roman Holds\*

### ENDURANCE

*You Pick Two:*

- Step Test
- Jumping Jacks
- Burpee
- Jump Rope
- Mountain Climbers
- Power Punches\*
- Front to Back Jumps
- Seated Jumping Jacks\*

**AND YOU GET TO PICK ONE MORE FROM ANY CATEGORY!**

**MAKE SURE YOU ARE IN THE RUNNING!**

**Commit to Fit will be required to qualify for Team PA 2022**

**Step one to compete: [Fitness Heptathlon Sign Up](#)**

Special Olympics  
Pennsylvania



**COMMIT TO FIT**



Be Active in a **New Era**

