THE ULTIMATE MILEAGE CHALLENGE

INFORMATION PACKAGE & TRACKER

OVERVIEW

An ongoing event that challenges individuals to move more, engage with the community and each other in friendly competition. The goal is to accumulate as many points as possible through a variety of fitness activities with the chance of winning exciting prices.

ADULT DIVISION (AGES 18 & OLDER) CAN BE COMPLETED BY:
- **Walking/hiking/running/elliptical**: Earn 1 point per mile
- **Swimming**: Earn 4 points per mile. (Approximately 16 laps/32 lengths in a 50 meter pool)
- **Biking**: Earn 1 point for every 3 miles
- **Rowing**: Earn 1 point for every 2,000 meters

Collect as many points as possible each month. For every 25 points you earn in a month, you'll receive 1 entry into the giveaway. You can earn up to 4 entries per month (maximum of 12 entries per quarter).

YOUTH DIVISION (AGES 17 & YOUNGER) CAN BE COMPLETED BY:
- **Walking/hiking/running/elliptical**: Earn 1 point per mile
- **Swimming**: Earn 4 points per mile. (Approximately 16 laps/32 lengths in a 50 meter pool)
- **Biking**: Earn 1 point for every 3 miles
- **Rowing**: Earn 1 point for every 2,000 meters

Please be mindful of the age policies in the gym facilities.

Every quarter the 17 & younger group will receive a certificate signed by the Semper Fit Chief with the total amount of points the participant completed. The participant and/or parent/legal guardian can pick up at one of the gym facilities.

Submit your points by the last day of the month at 11:59 PM to *OMBIwakuni.Fitness@uscm-mccs.org*
Late submissions may not be accepted.

RECOMMENDATIONS AND TIPS

1. Choose proper footwear for running that provides adequate support and fits well.

2. Pre- and post-stretching are vital in preparing muscles and joints prior to physical activity, reducing muscle tightness, and aiding in recovery.

3. Practice gradual progression to avoid overuse injuries.

4. Maintain a comfortable and consistent pace to prevent burnout.

5. Stay hydrated before, during, and after exercising to support performance and recovery.

6. Allow sufficient time to rest and recover to avoid overtraining and promote long-term health.

7. Be mindful of external factors impacting health and well-being, such as prolonged exposure to the elements and heat stroke.

DISCLAIMER
Be mindful of overtraining, if you begin to have trouble sleeping, suffer from persistent fatigue and/or soreness/pain, find that you're experiencing irritability or mood changes, decreased performance etc. you are probably overtraining and it's a good idea to stop or scale back your training for a few days until things go back to normal.

It's normal to be sore while undertaking serious running or swimming training, but if you ever feel sharp pain, clicking, or popping while training, stop training immediately and seek the advice of a professional.

Tips for Monitoring
Aerobic Exercise Intensity

Substantial health benefits are gained when adults achieve 150-300 minutes per week of moderate intensity exercise, or 75-150 minutes of vigorous intensity exercise per week. Several tools and methods are used to monitor exercise intensity. Utilizing these methods help adults achieve physical activity goals.

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Talk test is a way to gauge exercise intensity based on ability to carry on a conversation.
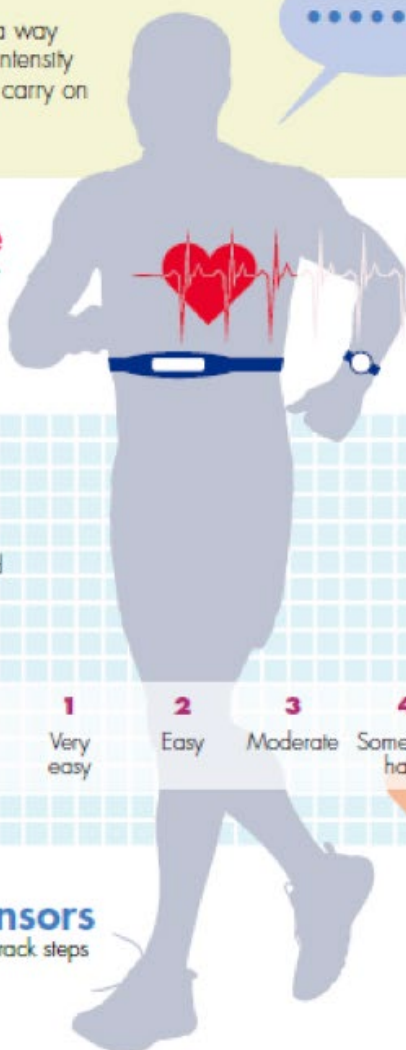
Steady conversation is associated with moderate intensity aerobic exercise.

Vigorous intensity is an exercise intensity where only a few words are sustainable.

Heart rate can be monitored by using a wrist watch and chest strap or a smart watch.

- A percentage of maximal heart rate indicates intensity (%HRmax)
- Moderate intensity exercise is estimated at 65-75 %HRmax
- Vigorous exercise is 76-96 %HRmax
- Target HR = (220-age) x %HRmax

Perceived effort is a subjective method to monitor how hard exercise feels.

- Commonly reported as a rating of perceived exertion (RPE)
- Scale is a range between 0-10
- Moderate intensity exercise is targeting an RPE of 3-4
- Vigorous exercise is an RPE of 5-7

Rating	0	1	2	3	4	5	6	7	8	9	10
Descriptor	Rest	Very easy	Easy	Moderate	Somewhat hard	Hard	-	Very hard	-	Very, very hard	Maximal effort

Motion sensors are devices used to track steps and other activities.

- Moderate intensity exercise is a step rate of 100 steps per minute, or 1,000 per 10 minutes
- A common recommendation is to achieve 3,000 steps in 30 minutes
- Vigorous intensity is > 100 steps per minute.

In addition to the above 0-10 scale, the Borg Scale of Perceived Exertion, which rates exertion on a scale of 6-20, can also be used.

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ULTIMATE MILEAGE TRACKER

Participant Full Name: _____

Active duty: Yes   /   No

If *yes*, rank and unit: _____

Email: _____

Month: _____

Adult Division   **Youth Division**

Week \ Day	MON	TUE	WED	THU	FRI	SAT	SUN	TOTAL MILES	TOTAL POINTS
1									
2									
3									
4									
5									

Erase and reuse this sheet for future months

Walking / Hiking / Running / Elliptical	**1 point per mile**
Swimming	4 points per mile (Approximately 16 laps/32 lengths in a 50 meter pool)
Biking	1 point per 3 miles
Rowing	**1 point for every 2,000 meters**