

Level/Total Points Weekly Goal	Walk/Run: 1pt (per session)	Intensity Session Options: 2pts (per session)	Long Run: 3pts (per session)	Fun Run Options: 1pt (per session)			
Cool Runnings Weekly Total: 10pts	Get out the door to do a session in another category or walk or run of your choice of distance/duration	Strength Circuit 1: Click here	Run 5km+	Libby's Treasure Hunt Week 3			
		Strength Circuit 2: Click here		Bubble walk/run			
		Include 100 squats within any session (dispersed throughout session)		Run Route Picture Challenge			
		Yoga Session		Dress up run/walk			
		Core Session: Click here		Mulit Sport (includes walk/run/bike)			
				Beer Mile: 1 can of beer followed by 400m walk/run x 4 sets			
Chariots of Fire Weekly Total: 11pts	Get out the door to do a session in another category or run of your choice of distance/duration	Track Session: Click here for session options	Run 14km+	Libby's Treasure Hunt Week 3			
		Pace Session: Click here for session options		Bubble walk/run			
		Strength/Repeat Session: Click here for session options		Run Route Picture Challenge			
		5km+ run including 100 burpees (dispersed throughout run)		Dress up run/walk			
		5km+ run including 100 pressups (dispersed thoroughout run)		Mulit Sport (includes run/bike)			
		5km+ run including 50 burpees/50 pressups (dispursed throughout run)		Yoga session (after a run)			
		Hill Repeats: 30mins		Core session (after a run)			
		5km run followed by 1km sprint		Beer Mile: 1 x can of beer followed by 400m run x 4 sets			
		Forrest Gump Weekly Total: 14pts		Get out the door to do a session in another category or run of your choice of distance/duration	Track Session: Click here for session options	Run 18km+	Libby's Treasure Hunt Week 3
					Pace Session: Click here for session options		Bubble walk/run
Strength/Repeat Session: Click here for session options	Run Route Picture Challenge						
10km+ run including 100 burpees (dispersed throughout run)	Dress up run/walk						
10km+ run including 100 pressups (dispersed thoroughout run)	Mulit Sport (includes run/bike)						
10km+ run including 50 burpees/50 pressups (dispursed throughout run)	Yoga session (after a run)						
Hill Repeats: 30mins	Core session (after a run)						
5km run followed by 1km sprint	Beer Mile: 1 x can of beer followed by 400m run x 4 sets						