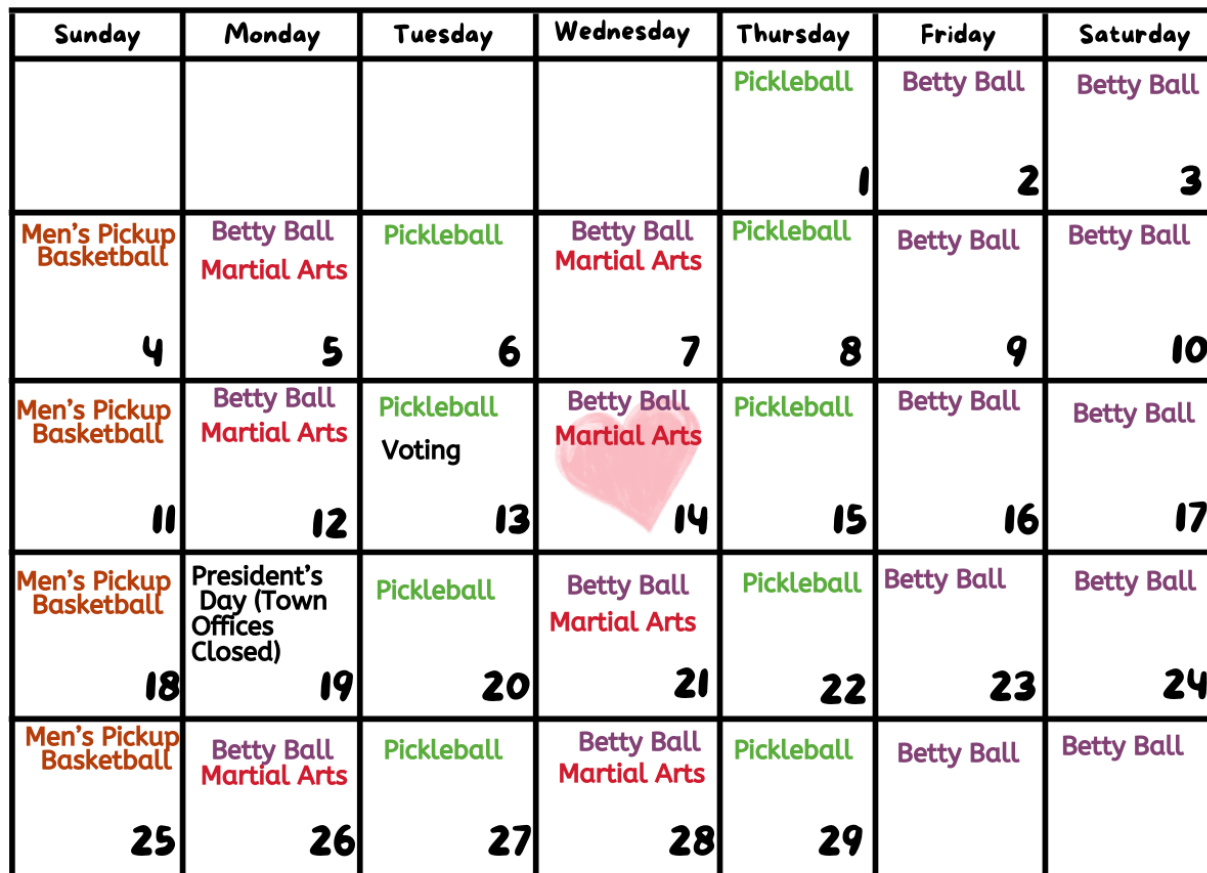


100 Mile Challenge Activity Suggestion Calendar

Use this calendar to get ideas for completing your 100 miles, or follow the suggestions to train for the Kick Off to Summer 5K! None of these activities are required, complete the 100 miles any way you want!

February 2024



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Pickleball 1	Betty Ball 2	Betty Ball 3
Men's Pickup Basketball 4	Betty Ball Martial Arts 5	Pickleball 6	Betty Ball Martial Arts 7	Pickleball 8	Betty Ball 9	Betty Ball 10
Men's Pickup Basketball 11	Betty Ball Martial Arts 12	Pickleball Voting 13	Betty Ball Martial Arts 14	Pickleball 15	Betty Ball 16	Betty Ball 17
Men's Pickup Basketball 18	President's Day (Town Offices Closed) 19	Pickleball 20	Betty Ball Martial Arts 21	Pickleball 22	Betty Ball 23	Betty Ball 24
Men's Pickup Basketball 25	Betty Ball Martial Arts 26	Pickleball 27	Betty Ball Martial Arts 28	Pickleball 29	Betty Ball	Betty Ball

What is the 100 mile Challenge?

- Complete 100 miles at your own pace between 2/1/24 and 5/1/24
- You can finish the 100 miles any way you want (hike, bike, walk, etc.) There is a conversion sheet at the end of this packet
- Keep track of your miles with the tracking sheet at the end of this packet
- Suggested apps to keep track: Fitbit, Map My Run, Run keeper, Nike Run Club.
- When you finish your 100 miles, turn in your tracking sheet to the Rec Office!
- Emails will be sent out to those who opted to pay for merchandise when it is ready to be picked up.

March 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Betty Ball 1	Betty Ball 2
Men's Pickup Basketball Rest or XT 3	Betty Ball Martial Arts 6x (run 1 min +walk 4 min) 4	Pickleball Rest or XT 5	Betty Ball Martial Arts 6x (run 1 min +walk 4 min) 6	Pickleball Rest or XT 7	Betty Ball 6x (run 1 min +walk 4 min) 8	Betty Ball 6x (run 1 min +walk 4 min) 9
Men's Pickup Basketball Rest or XT 10	Betty Ball Martial Arts 5x (run 2 min +walk 4 min) 11	Pickleball Rest or XT 12	Betty Ball Martial Arts 5x (run 2 min +walk 4 min) 13	Pickleball Rest or XT 14	Betty Ball 5x (run 2 min +walk 4 min) 15	Betty Ball 5x (run 2 min +walk 4 min) 16
Rest or XT  17	President's Day Martial Arts 5x (run 4 min +walk 2 min) 18	Pickleball Rest or XT 19	Betty Ball Martial Arts 5x (run 4 min +walk 2 min) 20	Pickleball Rest or XT 21	Betty Ball 5x (run 4 min +walk 2 min) 22	Betty Ball 5x (run 4 min +walk 2 min) 23
Men's Pickup Basketball Rest or XT 24	Betty Ball Martial Arts 4x (run 6 min +walk 2 min) 25	Pickleball Rest or XT 26	Betty Ball Martial Arts 4x (run 6 min +walk 2 min) 27	Pickleball Rest or XT 28	Betty Ball 4x (run 6 min +walk 2 min) 29	30 Betty Ball 4x (run 6 min +walk 2 min) 31

April 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Betty Ball Martial Arts 3x (run 8 min +walk 3 min) 1	Pickleball Rest or XT 2	Betty Ball Martial Arts 3x (run 8 min +walk 3 min) 3	Pickleball Rest or XT 4	Betty Ball Hiking Group (Oak Trail) 3x (run 8 min +walk 3 min) 5	Betty Ball 3x (run 8 min +walk 3 min) 6
Men's Pickup Basketball Rest or XT 7	Betty Ball Martial Arts 3x (run 10 min +walk 1 min) 8	Pickleball Rest or XT 9	Betty Ball Martial Arts 3x (run 10 min +walk 1 min) 10	Pickleball Rest or XT 11	Betty Ball 3x (run 10 min +walk 1 min) 12	Betty Ball 3x (run 10 min +walk 1 min) 13
Men's Pickup Basketball Rest or XT 14	Betty Ball Martial Arts 2x (run 13 min +walk 2 min) 15	Pickleball Rest or XT 16	Betty Ball Martial Arts 2x (run 13 min +walk 2 min) 17	Pickleball Rest or XT 18	Betty Ball Hiking Group (Kennard) 2x (run 13 min +walk 2 min) 19	Betty Ball 2x (run 13 min +walk 2 min) 20
Men's Pickup Basketball Rest or XT 21	Betty Ball Martial Arts 2x (run 14 min +walk 1 min) 22	Pickleball Rest or XT 23	Betty Ball Martial Arts 2x (run 14 min +walk 1 min) 24	Pickleball Rest or XT 25	Betty Ball 2x (run 14 min +walk 1 min) 26	Betty Ball 2x (run 14 min +walk 1 min) 27
Men's Pickup Basketball Rest or XT 28	Betty Ball Martial Arts Run 18 min + walk 2 min + run 10 min 29	Pickleball Rest or XT 30				

May 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Betty Ball Martial Arts Run 18 min + walk 2 min + run 10 min	Pickleball Rest or XT	Betty Ball Hiking Group (Marston)	Betty Ball Run 18 min + walk 2 min + run 10 min
Men's Pickup Basketball Rest or XT	Betty Ball Martial Arts Run 20 min + walk 1 min + run 10 min	Pickleball Rest or XT	Betty Ball Martial Arts Run 20 min + walk 1 min + run 10 min	Pickleball Rest or XT	Betty Ball Run 20 min + walk 1 min + run 10 min	Betty Ball Run 20 min + walk 1 min + run 10 min
Men's Pickup Basketball Rest or XT	Betty Ball Martial Arts Run 25 min + walk 1 min + run 5 min	Pickleball Rest or XT	Betty Ball Martial Arts Run 25 min + walk 1 min + run 5 min	Pickleball Rest or XT	Betty Ball Hiking Group (Fire Tower) Run 25 min + walk 1 min + run 5 min	Betty Ball Run 25 min + walk 1 min + run 5 min
Men's Pickup Basketball Rest or XT	Betty Ball Martial Arts Run 30 min!	Pickleball Rest or XT	Betty Ball Martial Arts Run 30 min!	Pickleball Rest or XT	Betty Ball Run 20 min!	Betty Ball Run 30 min!
Men's Pickup Basketball	Memorial Day (Town Offices Closed)	Pickleball	Betty Ball Martial Arts	Pickleball	Betty Ball	Kick into Summer 5K on June 13 Save the Date!

Activity Key

5K Training Plan- Run for the minutes indicated at a comfortable pace. Walk for the minutes indicated at a brisk pace. XT (Cross Train) perform any non-running exercise at an easy or moderate effort.

Hiking Group - Open to all ages. Meet at the trailhead at 10 or carpool from the Rec at 9:45

Men's Pickup Basketball- Sundays, 9/10/23 - 8/1/24. Ages 18+. \$3 Drop in or Register online for a yearly pass for \$75. Takes place at the Nottingham Elementary School Gym.

Betty Ball- Betty Ball is a non-competitive, unskilled and quirky version of pickup basketball for seniors 55+. Summer Hours 7:00AM-7:45AM, Other Seasons 7:00AM-8:00AM, Saturdays 7:30AM-8:30AM and (8:30AM- 9:00AM in Kitchen for Betty Social). \$3/Day Drop In at the Town Office Gym.

Pickleball- This is a self-run drop in program. Participants set up the net, organize play and clean up when done. This is a REC program so ALL SKILLS are welcome to attend. . We suggest that you bring your own paddle, but we have nets and balls here. 18+ Tuesday and Thursday, 9:00AM-11:00AM Beginner Skills, 1:00PM-3:00PM Advanced Skills, \$3 Drop In Fee OR sign up online and buy a pickleball membership for only \$110 for a Resident membership and \$150 for Non-Residents all access. Town Hall Gym

Martial Arts- Come Join the fun learning Tai Kwon Do, Boxing, kickboxing, jujitsu and more! Kids Age 5-12 and Teens and Adults Town Hall Gym

