

# SCCF 2020 Butterfly Fitness Week

Event dates will be Monday the 17<sup>th</sup> to Sunday the 23<sup>rd</sup> of February 2020

The idea is to get people out of the house exercising as if they were training to compete in an event. In our weeklong event it will be against themselves! Keeping people fit and healthy as well as pushing themselves to their limits.

There will be the Superman/Superwomen/Superjunior section and then there will be the individual discipline sections. You can do a super section with all three disciplines combined or try your luck at any one of the disciplines (or multiple disciplines).

Below is to be done within the week (7days) that will start on a Monday (12:01am) and end on a Sunday (11:59pm).

## ULTRA-ATHLETE/SUPERMAN/SUPERWOMEN SECTION

- |  |                             |
|--|-----------------------------|
| 1. 20km swimming - 400km riding - 125km running  | (THE INSUFFERABLE)          |
| 2. 15km swimming - 300km riding - 100km running  | (ULTRA ENDURANCE ATHLETE)   |
| 3. 10.5km swimming - 280km riding - 70km running | (7-IN-7 OLYMPIC TRIATHLONS) |
| 4. 6km swimming - 270km riding - 50km running    | (ULTRA-ATHLETE)             |
| 5. 3.8km swimming - 180km riding - 42km running  | (SUPERMAN/SUPERGIRL)        |
| 6. 1.8km swimming - 90km riding - 21km running   | (1/2 SUPERMAN/SUPERGIRL)    |
| 7. 1.5km swimming - 40km riding - 10km running   | (SUPER OLYMPIAN)            |
| 8. 1km swimming - 30km riding - 5km running      | (<15 years SUPERTEEN)       |
| 9. 500m swimming - 10km riding - 2km running     | (<8 years SUPERKID)         |

## SWIMMING SECTION

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|--------------------|-----------------|
| 10. 20km swimming  | (MONSTER WHALE) |
| 11. 15km swimming  | (WHALE)         |
| 12. 10km swimming  | (SHARK)         |
| 13. 5km swimming   | (MARLIN)        |
| 14. 2.5km swimming | (BARRAMUNDI)    |
| 15. 1km swimming   | (GOLDFISH)      |

## CYCLING SECTION (BASED ON KM BUT EXTRA KUDOS FOR CLIMBING)

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|------------------|----------------------------------|
| 16. 400km riding | (ULTRA MACHINE) + CLIMBER 3,600M |
| 17. 300km riding | (MACHINE) + CLIMBER 2,700M       |
| 18. 200km riding | (WORK HORSE) + CLIMBER 1,800M    |
| 19. 100km riding | (PUSHING) + CLIMBER 1,000M       |
| 20. 50km riding  | (STRIVING) + CLIMBER 500M        |
| 21. 20km riding  | (SPRINT) + CLIMBER 200M          |
| 22. 10km riding  | (SPINNER)                        |

## RUNNING/WALKING SECTION

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|-------------------|--------------------|
| 23. 125km running | (KILLER ENDURANCE) |
| 24. 100km running | (ENDURANCE)        |
| 25. 84km running  | (DOUBLE MARATHON)  |
| 26. 42km running  | (MARATHON)         |
| 27. 30km running  | (ACHILLIES)        |
| 28. 21km running  | (1/2 MARATHON)     |
| 29. 10km running  | (OLYMPIC)          |
| 30. 5km running   | (SPRINT)           |