



Ridley Master's Social Distancing Swimming Challenge Registration July 1-31, 2020

Registration is open **NOW!** A minimum of 15 participants are required to hold the challenge. Please register by June 29.

Email Paul Landes paulhlandes@gmail.com and Peggy Stringer stpmls@gmail.com if you plan to participate.

Keep Track of your events for the July and report weekly progress. See attachment for events and rules.

Registration includes a cool t-shirt and prizes after the event.

Prizes include:

2 pair **THEMAGIC⁵** Custom Goggles

3 \$50 gift certificates

Murry's Cafe



Bragging rights for 2020 and the fun of getting back in the water and being part of the Ridley Team!

Fill out the registration form and mail it with a \$10 check made out to Helena Master Swimmers to Peggy Stringer 9 Limestone Ct. Helena, MT 59601.

NAME: _____

Circle: M or F

T-shirt size: S M L XL (ladies shirts junior fit size up one size)

Contact: Paul Landes or Peggy Stringer for more information.

RIDLEY MASTER'S SOCIAL DISTANCING SWIMMING CHALLENGE

This is a fun and great way to jump start your conditioning. The RIDLEY MASTER'S SOCIAL DISTANCING SWIMMING CHALLENGE will be held from July 1st thru July 31st. Fifteen events are scheduled and can be completed on your time schedule. To register, please complete the registration form, mail the form and a check for \$10 to Peggy Stringer 9 Limestone Ct. by June 29, 2020. To register, please let Peggy or Paul know before June 29th. A minimum of 15 participants are needed to move ahead with this event. Awards will be given to the top 3 participants who earn the most points. If 20 or more people sign up, one or more participant who has not received an award, will be drawn at random and receive a separate award.

All events = 5 points

1. Kick 500 meters/yards
2. Kick 1,000 meters/yards
3. Pull 500 meter/yards
4. Swim 10x50 meters/yards on consistent interval of your choice
5. 100 IM meters/yards IM timed swim (one-arm fly okay)
6. 30-minute continuous swim
7. 60-minute continuous swim
8. 500 meters/yards timed swim
9. 400 meters/yards IM timed swim (one-arm fly okay)
10. Swim one of Jacque's coached workouts – Tues/Thurs @ noon
11. Volunteer (one-hour) with a nonprofit
12. Volunteer for a swimmer by (a) timing, counting laps, kayaking, (b) send a card to a swimming friend you have not spoken with or seen for at least one week, or (c) call to say hello. No texts or emails, it must be a card or a phone call.
13. Complete this swim work out:
500 warm up
2 x 100 kick 20 sec RI
2 x 100 pull 20 sec RI
4 x 200 free 20 sec RI
100 easy
1 x 200 Reverse IM
8 x 50 Choice – FAST – 30 sec RI
200 Cool Down
2600 total meters/yards
14. 30 – 44 minutes (walk or run/bike/dryland/yoga/open water)
15. 45 – 60 minutes (walk or run/bike/dryland/yoga/open water)

BONUS POINTS:

- Complete all 15 of the activities for the duration of the challenge – 10 points
- Complete the Peggy Stringer Birthday swim – 10 points (exhibit 1)

RULES

- This is the honor system. Let Peggy or Paul know when you have completed an event (this can be done weekly)
- There are 15 events. You must complete all events before you will receive points for doing an event the second time. So, after you complete all 15 events, you are free to do 15, one-hour swims; 15 timed 400 IMs, all 15 events again. You get it.
- For the exercise options in #14 and #15 above, you will be awarded 5 points after you complete one of the options. You will not be awarded points for repeating that same exercise, but you can choose another exercise in that group. You can earn multiple points in a day by completing any of the events in options #1 thru #13 AND one or more of the exercise options in #14 or #15. Example – Kick 500 meters/yards, bike 40 minutes and yoga 60 minutes all in one day = 15 points
- Event #11 can be repeated multiple times and 5 points will be awarded for each time you volunteer for one hour.
- There are no extra points for:
 - 1) swimming more than 60 minutes or
 - 2) swimming twice in the same day.

Exhibit 1:

PEGGY'S 69th BIRTHDAY WORKOUT July 22, 2020 *(can be done anytime in July)*

Do either

Workout 1: GO THE DISTANCE

69 x 50

3,450 yards/meters

OR

Workout 2: FUN BIRTHDAY SWIM

Warm up *rest interval 10 seconds*

6 x 50 (1-2 swim, 3-4 pull, 5-6 kick)

9 x 50 (descend 1-3, 4-6, 7-9 Free)

Main set 1 *rest interval 10 seconds*

6 x 50 Kick with fins

9 x 50 (Pull 1-4, IM Kick 5-6, IM by 25 7-9)

Main set 2

6 x 50 choice (set interval that gives you 15 rest)

Cool down *rest interval 10 seconds*

9 x 50 choice EZ (count your strokes)

2,250 yards/meters