

FITSPIRIT MOTHER/DAUGHTER RELAY

VIRTUAL
EDITION

EVERYTHING YOU NEED TO KNOW

2020

This year, to keep our communities safe during the COVID-19 pandemic, the FitSpirit Mother/Daughter Relay has been converted into a virtual event. Each mother-daughter duo or trio will tackle the challenge of walking or running a total of 20 kilometers at the time that suits them best over the weekend of August 15 and 16, 2020.

8-WEEK TRAINING PROGRAM

Sunday, June 21 to Friday, August 14, 2020

- ≥ We encourage you to take the 8-week training program prepared by the pros at **The Running Clinic**. You can choose between two levels: 1. beginner, or 2. intermediate/advanced.
- ≥ In addition, there will be a live 30-minute strength training session every Tuesday at noon on the FitSpirit Mother/Daughter Relay **private Facebook group**.

SUPPORT

A dietician and a kinesiologist are available to answer your questions at **FitSpirit.club**. Click on the “Ask an expert” tab anytime to ask a question.

The FitSpirit team is also available to answer your questions at **info@fitspirit.ca**.

CHALLENGE OF THE WEEK

We will have a fun running challenge for you every week. Tap into your creativity, let your hair down, and post a photo or video on the FitSpirit Mother/Daughter Relay **private Facebook group** to let us know you completed the challenge.

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FITSPIRIT

RELAY WEEKEND

Saturday, August 15, 8:30 a.m. to Sunday, August 16, 4:00 p.m.

Each mother-daughter duo or trio will walk or run a total of 20K in 2 days, at the time that suits them best. Each duo/trio is free to decide the distance each member of the group will cover, as long as it adds up to 20K.

The official start of Day 1 and of Day 2 will be broadcast live on the FitSpirit Mother/Daughter Relay **private Facebook group** so that we can experience the excitement as a group. There will be a live yoga session on Saturday, August 15 at 4:00 p.m., also on the **private Facebook group**. A special treat for your body and soul!

WE WANT TO SEE YOU!

Share your daily activities and your challenge of the week by regularly posting photos or videos of yourself in action on the **private Facebook group** and include our handles (@fillactive_fitspirit and #motherdaughterrelay). A souvenir video will be

produced from these special moments and will be posted on the **private Facebook group** on Sunday, August 16 at 4 p.m. It will be a memorable way to mark the culmination of this mother-daughter adventure together.

MAKE IT A CONNECTED EXPERIENCE!

During our live get-togethers on Tuesdays at noon and on the Relay weekend, you could connect with friends, family or peers from a device (cellphone, computer or tablet) other than the one you are using to stream the video. On a second device, you can use an app such as Facebook Messenger, Facetime or Zoom to see and hear other participants while you are training and make it a group experience!

To donate
to FitSpirit,
click [HERE](#)



Have a great
FitSpirit Mother/
Daughter Relay!

The FitSpirit Team

KEY DATES

To make sure you don't forget anything, mark these dates on your calendar:

Sunday, June 21 to Friday, August 14:

8-week training program

Every Sunday: Announcement of the challenge of the week

Every Tuesday, from noon to 12:30 pm: live strength training

August 15, 8:30 a.m.: Start of the 2020 FitSpirit Mother/Daughter Relay live festivities

August 15, 9:00 am: Official start, Day 1

August 15, 4:00 p.m.: Live yoga session

August 16, 9:00 am: Start, Day 2

August 16, 4:00 p.m.: Screening of video montage and closing remarks

FOLLOW US:   

RELAY.FITSPIRIT.CA