

FIT AND FEARLESS 2012

It's that time of year again, Fit & Fearless 2012 Challenge. This Challenge is an 8 week Challenge to you as athletes to really step up and improve your overall fitness. All of you are at different fitness levels and may feel comfortable with where you are at fitness wise. However, as Coaches it is our job to keep pushing you to the next level, and sometimes it takes an organized challenge like Fit & Fearless to push you to that next level. YES! This challenge will benefit EVERYONE.

Last year, Fit & Fearless was a combination of WOD improvement, strength improvement, and Body Composition improvement. We divided up into teams and assigned a coach to work with you through the 8 week challenge, giving advice on diet, nutrition, WOD's, mobility, etc.

This year we are taking a new approach. We are going to challenge you to OVERALL fitness improvement. Do you know those 10 general physical skills that the entire fitness and athletic world agree are the basic skills? Those skills are: Cardiorespiratory Endurance, Stamina, Strength, Speed, Power, Flexibility, Accuracy, Agility, Coordination, and Balance.

Fit & Fearless 2012 will be testing you on all 10 of these skills. The Challenge will begin with a pre-test of each of these skills independently. Following the pre-test, you will have the data to show you exactly how WELL ROUNDED your fitness is. Then the Challenge really begins, for the next 8 weeks you will receive daily emails from the coaches, to check in with you, motivate, and answer questions about how your training is going. While at CrossFit classes, the coaches will be available to give you drills, tips, and ideas, on how to really improve on any weak areas as well as your strong areas.

After 8 weeks of focused training, and commitment to the challenge and to yourself, we will test you again with the exact same tests in the exact same order with the exact same coach. Contestants will be graded on their improvement in all 10 skills. The challenge will recognize the top 2 men and top 2 women who improved the most OVERALL in the 10 skills.

Even if you are not “in it to win it” this is a great opportunity to get accurate, observable, and measurable data on your individual fitness level. This is why this challenge really is for EVERYONE.

FAQ's

- 1) **What is the Cost?** The entry fee is \$80 per person
- 2) **When does it start?** Saturday Jan 28th we will be conducting the Pre-Tests at CFDM starting at 8:00a. There will be a schedule so you don't have to wait around for your turn. You may not have to come until later that day. March 24th we will do Post-tests.
- 3) **What do I get for my \$80?** You will get the results of your pre-test and post-test. You will receive additional daily coaching via email from our Coaching staff. You get a t-shirt. And you will earn the right to be “Fit & Fearless” in 2012. And Winners will get prizes.
- 4) **What about diet plans?** This is an excellent question. If you wish to get ADDITIONAL diet planning, logging, advice, tips, coaching, outside of the email you will already receive. You may hire any of the coaching staff to help you in this area (prices TBD by Coach). You may seek outside advice, like Sara B for example, or Advocate, or Ryan over at Nutri-Sport. This area is completely up to your discretion. Nonetheless, remember your hierarchy of athletic development, at the very base is Nutrition. So we highly recommend that you put some sort of nutrition plan together to ensure your improvement in your overall fitness.
- 5) **What about Body Metrix?** We will NOT be grading the contestants on Body Fat % or inches or weight. However if you would like to have a Body Comp done before and after the challenge, you are certainly welcome to do that with Mike.
- 6) **What will the test consist of?** We will test you on each individual skill. It will take at least an hour to complete. This is including 30mins of rest time. The tests will not be terribly hard. Some are as simple as a sit and reach for flexibility, or standing on one leg for balance. However some of the other skills like strength, power, endurance, and stamina, will be a little challenging but short in duration.
- 7) **Will I know what the tests are beforehand?** Yes, each contestant will have a detailed outline of how the test will be conducted and what the events are.
- 8) **How about I take it really easy on the pre-test and really hammer down on the post-test, that way I will win, right?** The answer to this should go without saying, but I will say it anyway. You are more than welcome to do this, but will you really feel you have accomplished anything?
- 9) **Can I do more than just CrossFit WODs?** YES, in fact I am guessing that things like balance, flexibility, and coordination, may be some of the weakest areas. So I strongly encourage you to come up with a routine either at home or at the gym to work specifically on your weaker areas.
- 10) **What if I just focus on one area and have huge improvements in that area like strength?** The grading will be comprised of improvements of ALL 10 areas not just overall gains.