

100 MILE CHALLENGE

INFORMATION PACKAGE

RUN OR SWIM
A TOTAL OF **100 MILES**
WITHIN **ONE MONTH**



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100-MILE CHALLENGE OVERVIEW

The 100-mile challenge can be completed by running or swimming. Mileage is tracked using the honor system. Participants can break up the mileage however they see fit as long as it is completed between the first and last day of the challenge month. GPS tracking devices are not required.

Submit your spreadsheet within the challenge month. Only top 3 participants will be coined at a later date, but all participants will receive a digital announcement upon completion. Subsequent completions of the 100-mile challenge will continue to receive digital announcements.

Running and swimming are forms of aerobic exercise, defined by the American College of Sports Medicine (ACSM) as any form of physical activity that gets your heart rate up and keeps it up for an extended period of time (three minutes or longer). Regular physical activity has been shown to offer a multitude of health benefits including improved cardiovascular health, weight management, regulation of blood pressure, management of anxiety and depression, and cognitive benefits.

RECOMMENDATIONS AND TIPS

1. Choose proper footwear for running that provides adequate support and fits well.
2. Pre- and post-stretching are vital in preparing muscles and joints prior to physical activity, reducing muscle tightness, and aiding in recovery.
3. Practice gradual progression to avoid overuse injuries.
4. Maintain a comfortable and consistent pace to prevent burnout.
5. Stay hydrated before, during, and after exercising to support performance and recovery.
6. Allow sufficient time to rest and recover to avoid overtraining and promote long-term health.
7. Be mindful of external factors impacting health and well-being, such as prolonged exposure to the elements and heat stroke.

DISCLAIMER

Be mindful of overtraining, if you begin to have trouble sleeping, suffer from persistent fatigue and/or soreness/pain, find that you're experiencing irritability or mood changes, decreased performance etc. you are probably overtraining and it's a good idea to stop or scale back your training for a few days until things go back to normal.

It's normal to be sore while undertaking serious running or swimming training, but if you ever feel sharp pain, clicking, or popping while training, stop training immediately and seek the advice of a professional.

Tips for Monitoring Aerobic Exercise Intensity

Substantial health benefits are gained when adults achieve 150-300 minutes per week of moderate intensity exercise, or 75-150 minutes of vigorous intensity exercise per week. Several tools and methods are used to monitor exercise intensity. Utilizing these methods help adults achieve physical activity goals.



Talk test is a way to gauge exercise intensity based on an ability to carry on a conversation.



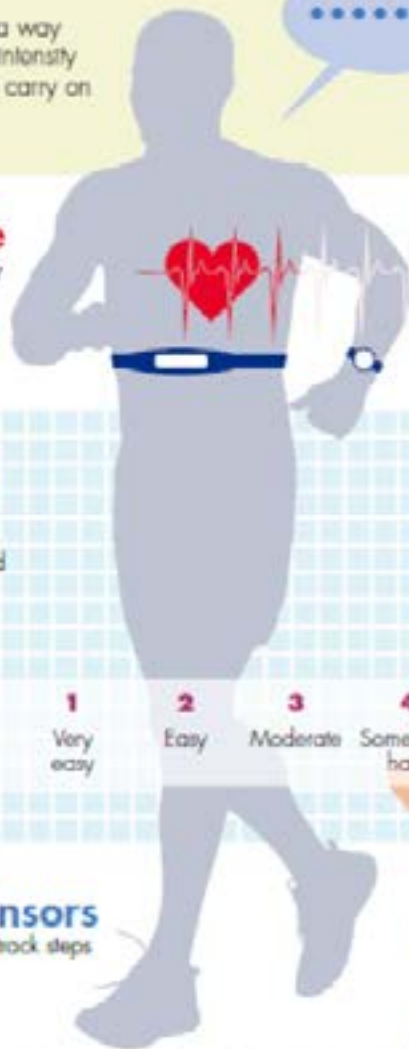
Steady conversation is associated with moderate intensity aerobic exercise.



Vigorous intensity is an exercise intensity where only a few words are sustainable.

Heart rate

can be monitored by using a wrist watch and chest strap or a smart watch.



- A percentage of maximal heart rate indicates intensity (%HRmax)
- Moderate intensity exercise is estimated at 65-75 %HRmax
- Vigorous exercise is 76-96 %HRmax
- Target HR = (220-age) x %HRmax

Perceived effort

is a subjective method to monitor how hard exercise feels.

- Commonly reported as a rating of perceived exertion (RPE)
- Scale is a range between 0-10
- Moderate intensity exercise is targeting an RPE of 3-4
- Vigorous exercise is an RPE of 5-7

Rating	0	1	2	3	4	5	6	7	8	9	10
Descriptor	Rest	Very easy	Easy	Moderate	Somewhat hard	Hard		Very hard		Very, very hard	Maximal effort

Motion sensors

are devices used to track steps and other activities.

- Moderate intensity exercise is a step rate of 100 steps per minute, or 1,000 per 10 minutes
- A common recommendation is to achieve 3,000 steps in 30 minutes
- Vigorous intensity is > 100 steps per minute.



In addition to the above 0-10 scale, the Borg Scale of Perceived Exertion, which rates exertion on a scale of 6-20, can also be used.

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100-MILE TRACKER

Participant Full Name: _____

Active duty: Yes / No

If yes, rank and unit: _____

Email: _____

Month: _____

Day Week	MON	TUE	WED	THU	FRI	SAT	SUN	MILES
1								
2								
3								
4								
5								

Example Mileage Calendar:

Day Week	MON	TUE	WED	THU	FRI	SAT	SUN	MILES
1	5 miles	active rest 1 mile	3 miles	Rest	4 miles	active rest 1 mile	2 miles	16 miles
2	5 miles	Rest	4 miles	active rest 1 mile	3.5 miles	active rest 1 mile	3.5 miles	18 miles
3	active rest 1 mile	6 miles	active rest 1 mile	7 miles	Rest	active rest 1 mile	10 miles	26 miles
4	3.5 miles	active rest 1 mile	5 miles	Rest	10 miles	active rest 1 mile	3.5 miles	24 miles
5	6 miles	Rest	10 miles					16 miles