

## Hawk Mountain “Iron Man” Fitness Program

### **Overview of the program:**

An “Older Boy” fitness program that will run for one hour each day of the week, with an award given at the Friday campfire to the winner. The program will follow a general plan of a multi-day triathlon with more than three separate sporting events. Each event will be timed, with the total time for the entire week totaled. The Scout with the lowest time after the five days of events will win the “HMC Iron Man Award”. It is designed for approximately ten to twelve Scouts maximum. The intention of this fitness program is to both have the Scouts exercise at an advanced level and also to instill a knowledge base of health benefits and proper exercise mechanics.

### **Daily Routine of the program:**

12:00-12:10 – Educational Session

12:10-12:20 – Stretching and Transport to the Days Program Area

12:20-12:50 – Activity

12:50-1:00 – Cool Down and Stretch

1:00 - Lunch

Sunday - Check In  
Swim Test (Must Pass “Swimmer” Test)  
Sign Up (12 Participants Ideally)

Monday - Education (Exercise and Medical Benefits)  
Marathon to the Rifle Range  
Lunch

Tuesday - Education (Stretching Techniques)  
Canoe Course  
Lunch

Wednesday - Education (Sports Nutrition)  
Lacrosse  
Lunch

Thursday - Education (Aerobic [Running] and Anaerobic Exercise [Lifting]  
Techniques)  
Bike Course  
Lunch

Friday - Education (Attitude)  
Climbing Tower  
Lunch

## **Event Descriptions:**

Marathon to the Rifle Range – A “long distance” race that begins at the parking lot and ends at the rifle range. Scouts will be timed from beginning to end. Once all scouts have reached the rifle range, they will fire five (5) rifle shots at a target. Each miss will incur a 15 second penalty. Scouts will then race from the rifle range to the dining hall after all have finished shooting. The total time of all three legs of the marathon will be summed. A cool down and stretch will then be followed by lunch.

Canoe Course – Scouts will navigate the canoe course used for the Canoeing Merit Badge. A missed buoy will incur a 30 second penalty. This will be followed by a cool down, stretch, and lunch.

Lacrosse – Scouts will divide themselves evenly into two teams at the Indian Village and play a lacrosse game. A team victory will add a benefit of taking one minute off the Scouts total time. An individual goal will give a benefit of a reduction of 30 seconds from the Scouts time. This will be followed by a cool down, stretch, and lunch.

Bike Course – Scouts will navigate the Bike Course, with each miss incurring a 10 second penalty to total time. This will be followed by the normal cool down routine, stretching, and lunch.

Climbing Tower – Scouts will be timed from bottom to top. This will be followed with the normal routine as well as a wrap up of the week.

The winner of the event will not be announced until Friday night campfire. At this time, an award titled “Hawk Mountain Iron Man” will be presented to the Scout with the lowest time.