

Fitness challenge day

Date: July 23, 2026

Timeline

07:30 – 08:15 Participant Registration & Check-in

Athletes check in to receive their bib numbers, event t-shirts, and timing chips. Staff will brief participants on safety guidelines and facility amenities.

Location: Main Entrance Desk

08:15 – 08:45 Opening Briefing & Dynamic Warm-Up

Event organizers outline the schedule and safety rules for the day's challenges. A certified trainer then leads all participants through a full-body mobility warm-up.

Location: Main Arena Field

09:00 – 10:00 Challenge Block 1: Endurance & Obstacles

Competitors complete a timed outdoor obstacle course designed to test stamina and agility. Judges monitor course stations to record split times and enforce penalties.

Location: Outdoor Track Area

10:00 – 10:30 Hydration & Protein Break

Athletes refuel with electrolyte drinks, protein shakes, and fresh fruit options. Physical therapists are available for quick muscle treatment and strapping.

Location: Athlete Lounge Pavilion

10:30 – 11:15 Challenge Block 2: HIIT & Calisthenics

Participants face a high-intensity circuit involving bodyweight exercises, rowing, and kettlebell work. Points are earned based on total repetitions completed within time limits.

Location: High-Intensity Zone

11:30 – 12:30 Healthy Catering Lunch

Everyone gathers for a nutrient-rich, balanced meal prepared specifically for high-performance athletic recovery. High-protein and plant-based choices are provided.

Location: Dining Tent

13:00 – 14:00 Challenge Block 3: Strength & Power

The final athletic trial focuses on maximal strength events like deadlifts and weighted sled pushes. Spectators gather around to cheer competitors through their last efforts.

Location: Weightlifting Arena

14:15 – 14:45 Guided Recovery & Stretching Session

A guided cool-down routine helps lower heart rates and reduce post-workout stiffness. Foam rollers and yoga mats are provided for all participants.

Location: Recovery Studio

15:00 – 15:20 Group & Finisher Photo Session

Event photographers gather all competitors for group photos and individual finisher portraits. Participants can pose with their official race bibs and completion tokens.

Location: Media Wall Stand

15:30 – 16:15 Awards Ceremony & Winner Announcements

Organizers declare the overall winners across age and skill divisions based on cumulative scores. Trophies, medals, and sponsor prize packages are awarded on stage.

Location: Central Ceremony Stage

16:15 – 17:00 Celebration Drinks & Social Hour

Participants and supporters unwind with refreshing drinks and light refreshments. Attendees socialise, compare scores, and celebrate completing the challenge day.

Location: Outdoor Terrace Lounge