**RRSC COACHES CHALLENGE**

**14 Day Plank Challenge**

A person lying in the grass

Description automatically generated

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| --- | --- | --- | --- |
| DAY 1 | 30 Seconds | DAY 8 | 60 Seconds |
| DAY 2 | 30 Seconds | DAY 9 | 90 Seconds |
| DAY 3 | 40 Seconds | DAY 10 | 90 Seconds |
| DAY 4 | 40 Seconds | DAY 11 | 120 Seconds |
| DAY 5 | 50 Seconds | DAY 12 | 120 Seconds |
| DAY 6 | 50 Seconds | DAY 13 | 150 Seconds |
| DAY 7 | 60 Seconds | DAY 14 | As long a possible |

**PRIZES FOR LONGEST PLANK HELD IN EACH AGE GROUP**

**PRIZE FOR LONGEST OVERALL PLANK HELD**

***All entries must be verified by a parent or adult and set to tina@rrsc.org.uk***