

# MARCH A MARATHON




## MARCH A MARATHON CALENDAR\*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WEEK 1	27	28 Kickoff Email	1 March a Marathon officially begins!	2	3	4	5 <a href="#">GX Virtual HIIT</a> 10 - 10:45am
WEEK 1	6	7	8	9	10 <a href="#">GX Virtual Wakeup + Stretch Yoga</a> 7:00 - 8:00am	11 <a href="#">GetFit Virtual Fueling &amp; Recovery</a> 12 - 12:45pm	12
WEEK 2	13	14 <a href="#">GX Virtual Barre</a> 6:00 - 6:45pm	15	16 <a href="#">Foam Rolling for Runners Zoom Sesh</a> 12 - 12:30pm	17	18	19
WEEK 3	20	21	22	23	24	25 <a href="#">GetFit Virtual Running Office Hours</a> 12 - 12:45pm	26
WEEK 4	27	28 Wrap-Up Email	29	30 <a href="#">Foam Rolling for Runners Zoom Sesh</a> 12 - 12:30pm	31	1	2
DONE!	3	4	5	6 Participation Submissions Due by 5:00 pm!	7	8 <b>WINNERS ANNOUNCED</b> by 2pm via Instagram!	9

\* Challenge Routes and updates will be posted on March a Marathon Blog post: [mitrecsports.com/fitness/march-a-marathon-22](https://mitrecsports.com/fitness/march-a-marathon-22)