



2010 "COMBAT ATHLETE" CALENDAR OF EVENTS



June

June 1st – 30th... (Wednesdays 0900-1100).....Family Fitness Assessments
 Friday, 4 JunSquadron 5KRun/2 Mile Walk and 10K Challenge
 Monday, 7 Jun (0645-0800).....Running Incentive Program...”Plyometrics and Aquatics”
 Wed, 9 Jun through Fri, 10 Sep... Each Mon, Wed, & Fri.....Family Aquatic Fitness Program
 Friday, 11 June (0645-0800)..... Training Day Fitness Program “BOSU”
 Monday, 14 June(HAWC 1000).....Core Conditioning
 Friday, 18 June (1130).....ABU Swim Race
 Thursday, 24 June..... Back to Basics Phase 2 Incentive Program Ends

July

Wed, 9 Jun through Fri, 10 Sep... Each Mon, Wed, & Fri.....Family Aquatic Fitness Program
 Friday, 9 July Squadron 5KRun/2 Mile Walk
 Monday, 12 July..... Running Incentive Program
 Thursday, 15 July Back to Basics Phase 3 Incentive Program Begins
 Friday, 16 JulyBanana River Swim & Kayak Race
 Friday, 16 July Training Day Fitness Program

August

Wed, 9 Jun through Fri, 10 Sep... Each Mon, Wed, & Fri.....Family Aquatic Fitness Program
 Friday, 6 AugustSquadron 5KRun/2 Mile Walk
 Monday, 9 August Running Incentive Program
 Mon, 16 August through Fri, 20 AugustOut/Indoor Iron Man/Woman Competition
 Friday, 20 August Training Day Fitness Program
 Wednesday, 25 August.....1/4ly PTL meeting - CCAFS @ 0730 & PAFB @ 1130 & 1500



Patrick AFB and Cape Canaveral AFS

As of 06/11/10



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September

- Wed, 9 Jun through Fri, 10 Sep... Each Mon, Wed, & Fri.....Family Aquatic Fitness Program
- Friday, 10 SeptemberSquadron 5KRun/2 Mile Walk
- Friday, 10 September (HAWC 1100).....Healthy Cooking (Fruits/Veggies)
- Monday, 13 SeptemberRunning Incentive Program
- Friday, 17 September.....Aqua Jog Competition
- Friday, 17 September Training Day Fitness Program
- Friday, 24 September..... Back to Basics Phase 3 Incentive Program Ends

October

- Wed-Fri, 6-8 October.....2010 Sports Day Challenge - TENTATIVE
- Thursday, 7 October Back to Basics Phase 4 Incentive Award Program Begins
- Friday, 8 OctoberSquadron 5KRun/2 Mile Walk
- Tuesday, 12 October Running Incentive Program
- Friday, 15 October.....Wingman Obstacle Course
- Friday, 15 October Training Day Fitness Program

November

- Friday, 5 NovemberOutdoor Fitness Challenge (BIVOUC)
- Friday, 12 November.....10 Mile Bike Time Trial
- Begins Thursday, 18 NovemberHoliday Fitness Challenge Incentive Program
- Friday, 19 November (HAWC 1130).....Great American Smokeout
- Friday, 19 November Training Day Fitness Program
- Friday, 19 NovemberTurkey Trot 5K Run/2 Mile Walk



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Tuesday, 22 November Running Incentive Program

December

Wednesday, 1 December.....1/4ly PTL meeting - CCAFS @ 0730 & PAFB @ 1130 & 1500

Friday, 10 DecemberRunning Incentive Program

Thur, 16 December ... (HAWC 1100)....Preventing Holiday Weight Gain & Healthy Cooking

Thur, 16 December Back to Basics Phase 4 Incentive Program Ends

Friday, 17 December Squadron 5KRun/2 Mile Walk

Friday, 17 December.....Running Incentive Program Ends

Friday, 17 December”Who is the Fittest?” Competition

Friday, 17 December Training Day Fitness Program



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Special Events

- Squadron 5KRun/2 Mile Walk / Turkey Trot ✦
- Banana River Swim & Kayak Race ✦
- Wing Sports Day Challenge
- Family Triathlon - Adult
- Family Triathlon - Children
- Family Aquatic Fitness Program
- Family Fitness Assessments
- Training Day Fitness Program
- 10 K Run Challenge ✦
- Pedal, Paddle, Pant Contest ✦
- BDU Swim Race ✦
- Iron Man/Woman Competition ✦
- 10 Mile Bike Time Trial ✦
- "Who is the Fittest?" Competition ✦
- Outdoor Fitness Challenge ✦
- Wingman Obstacle Course ✦
- Learn 2 Swim
- Push-Up / Sit-Up Clinics
- Women's Ultimate Fitness Challenge

✦ Denotes Commanders Cup Event

Incentive Programs

- Back to Basics Phase 1-4
- Cardio Challenge
- Shark Attack Swim Challenge
- Running Program
- May Fitness Month Program
- Holiday Fitness Challenge

Health and Wellness Center (HAWC)

- Lunch, Learn, and Move
- Fitness & Sports Performance Nutrition
- Core Conditioning
- Healthy Cooking (Fruits/Veggies)
- Great American Smokeout
- Preventing Holiday Weight Gain & Healthy Cooking

