
















# HOCKEY IRELAND 21 DAY OLYMPIC CHALLENGE

<p>Test yourself – 12min Run/Walk (see how far you can go)</p> 	<p>Ireland v South Africa 24th July 11.00am Irish time</p> <p>#WearGreenToSupport OurTeam</p>	<p>Balance Test (1min on each leg)</p> 	<p>Ireland v Netherlands 26th July 2.00am Irish time</p> <p>#WearGreenToSupport OurTeam</p>	<p>Keepie Uppies – see how many you can do without dropping the ball.</p> 	<p>Ireland v Germany 28th July 2.00am Irish time</p> <p>#WearGreenToSupport OurTeam</p>	<p>Choose any 4 exercises and do them in a circuit (30sec each x 5)</p> 
<p>Ireland v India 30th July 1.30am Irish time</p> <p>#WearGreenToSupport OurTeam</p>	<p>Ireland v GB 31st July 10.30am Irish time</p> <p>#WearGreenToSupport OurTeam</p>	<p>Shuttle Run (two cones 10m apart, run as many shuttles as you can in 1min)</p> 	<p>Go for a walk or cycle.</p> 	<p>Balance test while doing Left to Right drag (30secs on each leg)</p> 	<p>Do as many sit-ups as you can in 1min</p> 	<p>Meet up with a Friend &amp; do any fun activity with them.</p> 
<p>Partner Keepie Uppies – meet up with a friend bounce the ball as many times as you can without dropping the ball.</p> 	<p>Plank Challenge – see how long you can hold it for (video it)</p> 	<p>Write a poem about hockey</p> 	<p>Left arm only – left to drag for 1min (see how many you can do)</p> 	<p>Design your own obstacle course &amp; do the course for the duration of your favourite song.</p> 	<p>Choose any physically activity you enjoy.</p> 	<p>Test yourself – 12min Run/Walk (see how far you can go &amp; if you improved)</p> 