



# HERCULES MONTHLY

April/May 2020

## INTRODUCTION

In the month April it was quiet at Hercules. We had some online workouts, but no real ones and no activities. We are very glad that we could start with training outside again in May! We also had one online activity in May: The Batavierenrace! You can read about it in this Hercules Monthly.

## ACTIVITIES

### Batavierenrace

On the 1st and 2nd of May we participated in the online Batavierenrace! Unfortunately the real Batavieren race could not take place this year. Although there was no party afterwards and 'gezelligheid' as motivation, we still had a team of 20 people! Not bad, since running is mostly not the favourite part of Crossfitters... Together we ran 125 kilometers throughout the Netherlands (and Germany) in a time of 10:42:24. With an average speed of 11,73 km/h we managed ourselves to the 92th place out of 170 participating teams! Maybe the fact that we can't lift heavy weights right now and have to do more cardio is good for something after all... Thanks to everyone who participated!

### Cancellation Weekend trip

Unfortunately the most epic weekend of Hercules (the weekend trip) will not take place this academic year. Camping was considered as everyone could bring its own tent, but it is hard to keep 1.5 meter distance while doing fun activities an entire weekend long. Besides, most campings wouldn't allow large groups of people yet.

Don't worry, because if you stay in Enschede the next academic year we will try to organise a fun weekend trip in the first quartile if we are allowed to do so, and can guarantee to organise the weekend trip in a safe and responsible way!

## TRAININGS

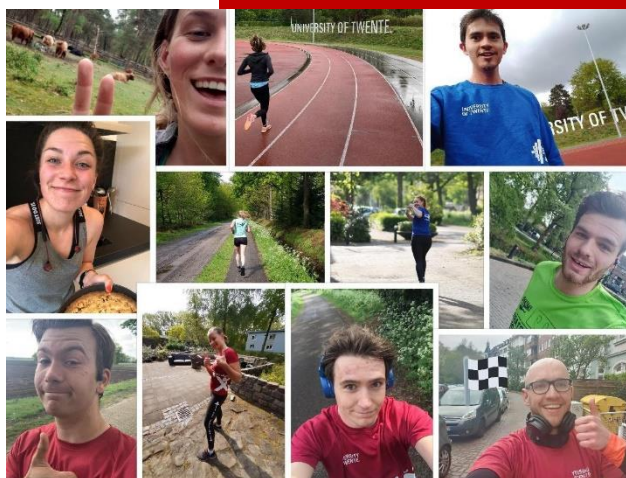
Although the most important part of the year regarding achieving a summer body had some obstacles, are we back on track! Currently the trainings on Monday and Thursday are available again, although not just yet in the church. But the government announced that trainings at fitness centres are allowed again from the first of July. Taking into account that the University is a week behind, we have good prospects for upcoming year! We are also looking into some trainings for the holidays, and maybe something is achievable in the church as well. If you are interested, please fill in this form: <https://forms.gle/idzs7pEQppzLRv3N6>

Looking back at the start of Corona, we luckily could still do some workouts online! Provided mainly by Steve, we did some killer workouts. Especially at the start, a lot of people were attending and we really enjoyed that! The current trainings have a focus on push ups and double unders. We already did a benchmark and are eager to test it again after a month. These trainings with themes, we would like to continue in the upcoming year. So if you have any suggestions, feel free to tell them.

## DID YOU KNOW?

We found a candidate board for next college year!

You might be curious who they are, but you have to wait a little longer... In the next Hercules Monthly you can read about them!















So for now, join the trainings on Mondays and Thursdays from 20:00 till 21:00 at the UTrack. Don't forget to sign up and bring your jump rope, see you soon!

## STRAVA

For a few weeks we have a club page for Hercules on Strava! Strava is an app that can be used to register your sports activities, such as running, cycling, swimming, skating and you can even upload your CrossFit activities (manually)! Once you've done an activity, the club can see what you've done and the activity will be used in the rankings. It's been lonely at the top for our member Bryan, since nobody came even close to his 351,5 km!

Make sure you join the club and upload your activity, and maybe you can try to challenge Bryan and kick him from the first place! The following weeks we will upload some challenges, such as a 5km run, 50km ride etc. and will share the winner with everyone!

### Leiders van vorige week

	Totaaltijd		Totale afstand		Langste activiteit	
	 Bryan Oostra	10:16:13	 Bryan Oostra	351,4 km	 Bryan Oostra	3:58:13
	 Jesse Weggema...	6:30:23	 Dorte Rotteveel	95,0 km	 Jesse Weggema...	3:44:26
	 Jorieke Havinga	4:18:35	 Jesse Weggema...	91,6 km	 Dorte Rotteveel	2:27:11

## DO YOU HAVE ANY SUGGESTION FOR ACTIVITIES, WORKSHOPS, OR JUST IN GENERAL?

Make Hercules even better! The board is open for all the input of you as a member. If you have any super cool ideas for activities, workshops, or anything else, please contact us! Send an email to [board@hercules.utwente.nl](mailto:board@hercules.utwente.nl) or approach one of the board members during a training.