

# THE WORKOUTS

MIXED PAIRS



SATURDAY 28TH JUNE 2025  
HOSTED IN THE CITY OF BRISTOL

# **5 WORKOUTS TO COMPLETE THROUGHOUT THE DAY:**

Vo2 Max  
Strength & Honour  
Brutal Beat Down  
Unconventional Beast  
The Assault Course

## **ORDER OF EVENTS**

Please note: the order that you complete the 5 workouts on the day will depend on which heat you are in. You will find out your heat closer to the event.

## **HALF LAPS**

All information on how to achieve half laps can be found in the lap standard section of each workout.

# VO2 MAX

## FOR TIME

(20 MINUTE TIME CAP)

### 1.2KM PAIRED RUCK RUN

*Directly into...*

### 1.2KM PAIRED RUCK RUN

WITH 1 ADDITIONAL SANDBAG PER PAIR

*Directly into...*

### 600M PAIRED RUCK RUN

WITH 2 ADDITIONAL SANDBAGS PER PAIR

SCORE: TIME TAKEN TO COMPLETE WORKOUT OUTLINED ABOVE.

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# VO2 MAX WORKOUT DETAILS

## Before the workout starts

Each athlete in the pair will be wearing a backpack. Pairs will also be holding a rope and must carry this at all times during the paired runs.

## Following the sound of 3,2,1 go!

Athletes will first set off on the 1.2km ruck run which consists of two laps of the 600m course. Judges will be stationed along the route and at the start/finish line. Please ensure you say your lane number to the lap judge at the start/finish line when you complete each 600m lap.

## **PAIRS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH JUST THE BACKPACKS.**

Once pairs have completed the 1.2km ruck run, pairs must pick up their 13kg sandbag (marked 30lbs) and complete another 1.2km run. Pairs can choose to split up the carrying of the sandbag over the two laps as they choose, however, only one person can carry the sandbag at any one time. Apart from this, same rules apply as the first 1.2km run (i.e. you must run together carrying the rope at all times & please ensure you say your lane number to the lap judge at start/finish line as you complete each 600m lap).

## **PAIRS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH THEIR BACKPACKS & ONE SANDBAG (13KG) PER PAIR.**

Once pairs have completed the second 1.2km run, they must complete one more lap of the 600m course. For this lap, pairs must pick up their additional 9kg sandbag (marked 20lbs) so each member of the team is now carrying their ruck as well as an additional sandbag. Pairs can choose who carries the heavier sandbag.

## **PAIRS MUST COMPLETE ONE LAP OF THE 600M ROUTE WITH THEIR BACKPACKS & ONE SANDBAG PER PERSON.**

Once pairs have completed this final 600m lap, the workout is completed. Your score is the total time it takes you to complete the previously outlined work.



# VO2 MAX WORKOUT DETAILS

## MOVEMENT STANDARDS

- Backpack weight: 13kg men, 9kg women.
- Sandbag weight: 1 x 13kg men, 1 x 9kg
- Pairs must complete every lap **together**. Pairs must complete every lap holding the rope provided.
- In the event of a team splitting up on any of the runs, you will not be permitted to start the next lap of the workout until both of you have completed the current lap you are on & you may be penalised for splitting up.
- On the second 1.2km section of the workout, the 13kg sandbag must be picked up. Pairs can choose to split up the carrying of the additional 13kg sandbag as they choose (for example, 1 x 600m lap each), however, only one person can carry the sandbag at any one time, it must be carried individually.
- The 9kg sandbag is only to be picked up the 5<sup>th</sup> & final lap of the workout, on this lap, teams will decide their own strategy as to who carries the heavier sandbag.
- Athletes are responsible for letting the judges know each time they complete a 600m lap. Failure to do so may result in the correct number of laps not being counted.

## LAP STANDARDS

**Half laps:** There are no half laps in this workout.

**Please note:** If your team does not complete all 5 x 600m laps of the course before the 20minutes is completed, your score will be 20 minutes + an additional minute for every lap you have left to complete.

For example, if your team completes 4 laps but does not manage to complete the fifth, your score will be 21 minutes. If your team completes 3 laps but does not manage to complete the fourth & fifth laps, your score will be 22 minutes etc.

# VO2 MAX WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# **STRENGTH & HONOUR**

**IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:**

**-25M LOG SLED PULL**

**-25M TYRE FLIPS**

**-100M RUNNING LAP**

**SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20  
MINUTES.**

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# STRENGTH & HONOUR WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

Both athletes will be standing in their lane (without holding any equipment) next to the log sled pull.

## FOLLOWING THE SOUND OF 3,2,1 GO!

Athletes will both pick up the log and proceed to drag the sled 25 metres until they cross the designated 25m line (the tyre must cross the line, not just the log, this will be clearly marked on the day, please note: **partial line crossing is not acceptable, the entire tyre must cross the line**).

Athletes will then move to the tractor tyre placed at the 25m line and will proceed to flip the tyre back 25m to the start line, **pairs can flip the tyre individually or in pairs**. Pairs must continue to flip the tyre until the tyre has crossed the designated line (**partial line crossing is acceptable**).

One athlete must then complete the 100m running lap and let the lap judge know their lane number as they pass them.

Once the running lap is completed, pairs can then start a new round.

Each round will always begin with the weighted implement that is closest to the start line, (in other words, the round will begin with the implement the pair finished the previous round with). For example, the pair will finish round 1 with the tyre flips and then following the 100m running lap, round 2 will begin with the tyre flips followed by the log sled pull and then the 100m running lap. So each round, the order that you perform the log sled pull and the tyre flip will change.

Pairs must continue this for 20 minutes trying to achieve as many laps as possible in the allotted time. please see the next page for information on half laps.



# STRENGTH & HONOUR WORKOUT DETAILS

## LOG SLED PULL MOVEMENT STANDARDS

- Mixed log sled pull weight - 80kg
- Athletes must perform the log sled pull in pairs.
- Athletes may only drag the sled by holding onto the log, they are not permitted to carry the tyre or pull directly from the rope at any point during the 25m distance.
- For the log sled pull, the **ENTIRE** tyre must fully cross the line (not just the log). partial crossing is not permitted. This will be clearly marked on the day.

## TYRE FLIP MOVEMENT STANDARDS

- Mixed pairs can flip the tyre individually or in pairs.
- Partial tyre crossing the line is accepted when completing your laps (i.e. the whole tyre does not need to cross the line)
- Tyre weight - approx 170k

## LAP STANDARDS

- A **Full Lap** is only completed once the team completes a 25m log sled pull, 25m tyre flips **and** then one member of team completes the 100m running lap. If you simply complete the sled pull and then the tyre flips (and not the running lap), this will not count as a full lap.
- A **Half Lap** can be achieved by completing either the 25m log sled pull or 25m tyre flip as well as the 100m running lap.
- So for example, if you have 2 minutes left in the 20 minutes, pairs can make the decision to go for a half lap. In order to achieve this, pairs can choose to complete **either** a 25m log sled pull or a 25m tyre flip (regardless of position on the field) followed by the 100m running lap. When completing the 100m running lap, please let the lap judge know your lane number as well as that you are completing a half lap. The judge will then be able to verify this once the workout is completed by where the implements are positioned on the field.

# STRENGTH & HONOUR WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# **BRUTAL BEAT DOWN**

**IN 20MINS COMPLETE AS MANY LAPS AS**

**POSSIBLE OF:**

- 5 SANDBAG OVER SHOULDER EACH**
- 5M SYNCHRO BURPEE BROAD JUMP**
- 5M SYNCHRO REVERSE BEAR CRAWL**
- 5 SANDBAG OVER SHOULDER EACH**
- 10M SYNCHRO BURPEE BROAD JUMP**
- 10M SYNCHRO REVERSE BEAR CRAWL**
- 100M RUNNING LAP**

**SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20  
MINUTES**

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# BRUTAL BEAT DOWN WORKOUT DETAILS

## FOLLOWING THE SOUND OF 3,2,1 GO!

Athletes will perform 5 sandbag over shoulder **each** with their own sandbag. The reps do not need to be performed as “you go I go” or in time with each other.

Once the 5 reps have been completed by each team member, teams will move to a 5m synchronised burpee broad jump. For all ‘synchronised’ movements, you do not need to be in exact time with your partner, however, you are not allowed to start the next movement in the workout until both of you have completed the prescribed distance of the previous synchronised movement.

Once the 5m synchronised burpee broad jump has been performed and **both feet** of both athletes are on or have crossed the 5m line, teams must perform a 5m synchronised reverse bear crawl back to the start line.

Once **both hands** of both athletes are on or have crossed the start line, teams will perform another 5 sandbag over shoulder each, followed by a 10m synchronised burpee broad jump and then a 10m synchronised reverse bear crawl back to the start line.

Once both athletes have completed the 10m reverse bear crawl, one member of the team must complete a 100m running lap in order to confirm the completed lap before starting the next round.

**Your score is the total number of laps you can achieve in 20 minutes. Please see the next page for information on half laps.**

# BRUTAL BEAT DOWN WORKOUT DETAILS

## SANDBAG OVER SHOULDER MOVEMENT STANDARD

- Mens sandbag weight - 40kg (in a 60kg bag)
- Womens sandbag weight - 30kg (in a 40kg bag)
- For the sandbag over shoulder, each team member will have their own sandbag and must perform their own 5 reps when required. The sandbag must start on the ground, athletes will proceed to pick the sandbag up from the ground with their hands before lifting the sandbag explosively past their hip and chest and over one of their shoulders (of their choice). The next rep can begin as soon as the sandbag lands on the ground. Athletes must count their own reps, however, stewards will be on hand to ensure reps are being counted correctly. Any attempt to cut reps or not perform the movement correctly may result in a points deduction.
- Athletes can choose to rest the sandbag off of the ground at any point during a rep, however, if the sandbag falls back to the ground at any point (before passing over the shoulder), this rep will not count and they must start the rep again from the ground. **The sandbag passing over the shoulder is defined as just that, the sandbag must move over the shoulder & not around it.**

## BURPEE BROAD JUMP MOVEMENT STANDARD

- Athletes must perform a 5m & 10m synchronised burpee broad jump each round. For each rep, the chest of the athlete must touch the floor at the bottom of the burpee rep before returning to the standing position. Athletes can jump up from the floor or step up from the floor before performing a two footed jump forward. Athletes do not need to stand up fully between the burpee & the broad jump, however, the broad jump must be two-footed & in line with the movement standards above. The athlete must start their next burpee where their feet landed on the previous broad jump.
- Athletes must start both the 5m & 10m sets of burpee broad jumps with both hands on or behind the start line and must finish each set with both feet on or over the respective finish line. Judges will be on hand to ensure reps are being performed correctly. Any attempt to cut distance or not perform the movement correctly may result in a points deduction.
- Athletes are allowed to rest at any point during the burpee broad jump, however, any attempt to walk or move in any capacity that isn't a burpee broad jump (in order to reduce the necessary burpee broad jump distance) will be seen as any attempt to cheat the movement standard and may result in that lap not counting.
- Synchronisation: whilst you should make an effort to move in time with your partner as this will allow you to move more efficiently, you will not be penalised for being out of time with each other. The word 'synchronised' refers to that particular section of the workout, in this instance, this means you are not allowed to start the reverse bear crawl until both of you have reach the prescribed distance of burpee broad jumps (5m or 10m) and both feet of both athletes have crossed said line to mark the completion of the burpee broad jumps.

# BRUTAL BEAT DOWN WORKOUT DETAILS

## REVERSE BEAR CRAWL MOVEMENT STANDARD

- Athletes must perform a 5m & 10m synchronised reverse bear crawl each round. When performing the reverse bear crawl, athletes must support their own bodyweight on their hands and feet **at all times**. Hips do not need to be completely parallel to the ground throughout the movement, however, any attempt to slide on your knees or essentially walk backwards "hunched over" **will result in a lap deduction**. Judges will be on hand to ensure that everyone is performing the movement correctly.
- Athletes must start both the 5m & 10m sets of reverse bear crawls with both hands on the respective start lines and must finish each set with both hands on or having fully crossed the respective finish line. Again, judges will be on hand to ensure movements are being performed correctly. Any attempt to cut distances or not perform the movement correctly **may result in a points deduction**.
- Athletes are allowed to rest at any point during the reverse bear crawl (i.e. it doesn't need to be performed unbroken), however, any attempt to walk or move in any capacity that isn't a reverse bear crawl and therefore reduce the distance required to reverse bear crawl will be seen as any attempt to cheat the movement standard and **may result in that lap not counting**.
- Synchronisation: whilst you should make an effort to move in time with your partner as this will allow you to move more efficiently, you will not be penalised for being out of time with each other. The word 'synchronised' refers to that particular section of the workout, in this instance, this means you are not allowed to start the sandbag over shoulder or the 100m running lap until both of you have completed the prescribed distance (5m or 10m) of reverse bear crawls and both hands of both athletes are on or have crossed the start line to mark the completion of the reverse bear crawls.

## LAP STANDARDS

- A **Full Lap** is only complete when the pair have completed their 5 sandbag over shoulder each, a 5m synchronised burpee broad jump, a 5m synchronised reverse bear crawl, another 5 reps of sandbag over shoulder each, a 10m synchronised burpee broad jump, a 10m synchronised reverse bear crawl and a 100m running lap in order to confirm the completed lap. If you do not complete the 100m running lap, your lap will not count.
- **Half Laps**: a half lap can be achieved by performing the first half of a round, in other words, the first set of 5 sandbag over shoulder each followed by the synchro 5m burpee broad jump & the synchro 5m reverse bear crawl as well as the 100m running lap.
- So for example, if you have 2 minutes left in the workout and feel that you cannot complete a full lap, you can perform the first half of the lap (as outlined above), once this has been completed, one partner must then complete the 100m running lap. When completing the 100m running lap, please let the lap judge know your lane number and that you are completing a half lap.



# BRUTAL BEAT DOWN WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# UNCONVENTIONAL BEAST

IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:

- 15M FARMER'S BLOCK CARRY EACH
  - 15M KEG CARRY EACH
  - 15M OVERHEAD LOG CARRY EACH
- 100M RUNNING LAP

SCORE: TOTAL NUMBER OF COMPLETED LAPS YOU ACHIEVE  
IN 20 MINUTES

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# UNCONVENTIONAL BEAST WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

Athletes will be standing in their lane (without holding any equipment).

## FOLLOWING THE SOUND OF 3,2,1 GO!

Each athlete must carry their log overhead, their keg & their farmer's blocks to the 15m line and place them over the 15m line (in any order they choose).

Once all implements have been placed over the 15m line, one athlete must complete the 100m running lap.

Once completed, each athlete will again start to carry the implements, this time from the 15m line back to the start line, continuing this process for 20 minutes, trying to achieve as many laps as possible possible. Please see the next page for information on half laps.

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## MOVEMENT STANDARDS AND WEIGHTS

- Keg Carry weight - men=55kg / women=35kg
- Farmer's Block Carry weight - men=25kg each hand / women=15kg each hand
- Overhead Log Carry - men=35kg / women=22.5kg
- Athletes can choose to carry the implements in any order they choose and they do not need to be in the same order as their partner. However, each athlete can only carry their **own objects**, team members are not permitted to assist one another.
- Athletes must not throw any of the implements over the 15m line in order to shorten the distance needed to carry the implements. Please walk over the designated finish line before putting the implements down. If seen to be throwing the implements, **this will be penalised and may result in a lap deduction.**
- All implements must be carried, no dragging of implements of any kind is permitted. If seen, **this will be penalised and may result in a lap deduction.**
- You do not need to perform any of the 15m carries unbroken. i.e., if you need to put an implement down at any point, regrip and then complete the 15m distance, that is permitted.
- Chalk, glue and gloves are permitted, lifting straps are **not**.
- **Keg Carry:** Athletes can choose to carry the keg in any way that they wish.
- **Block Carry:** Athletes must pick up the farmer's blocks from the scaffolding handles. You are not permitted to pick them up directly from the blocks. Any attempt to cheat movement standards will be penalised and may result in a lap deduction.
- **Log Carry:** Athletes can get the log into the overhead position in any way they choose, however, they are not permitted to start moving along the 15m distance until it is in the overhead position. The overhead position is defined as having the log in your hands with your hands higher than the top of your head. Your arms do not need be completely straight or locked out when carrying the log overhead (though we would recommend doing so). If the log moves below the top of your head or touches your head at any point during the carry, you must stop & reset before continuing on. Any attempt to cheat movement standards will be penalised and may result in a lap deduction.

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## LAP STANDARDS

- **A Full Lap** is only complete when both team members have each completed their 15m keg carry, farmer's block carry & overhead log carry (and all implements are either at the 15m line or at the start line, depending on which lap it is) and then one member of the team can complete the 100m running lap in order to confirm the completed lap. If you do not complete the 100m running lap, your lap will not count.
- **Half Laps:** a half lap can be achieved by both team members completing any two carries followed by one member completing the 100m running lap. So for example, if you have two minutes left in the workout and feel that you cannot complete a full lap, each team member can choose any two carries to complete (i.e. from the keg carry, the farmer's block carry & the overhead log carry), once each team member has completed two carries of their choice, one partner must then complete the 100m running lap (when completing the 100m running lap, please let the lap judge know your lane number as well as that you are completing a half lap). At the end of the workout, the lap judge will then be able to verify the half lap by where implements are placed on the field.

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

# **THE ASSAULT COURSE**

**IN 20MINS:**

**COMPLETE AS MANY INDIVIDUAL LAPS OF  
THE 600M ASSAULT COURSE AS  
POSSIBLE.\***

**\*ONLY ONE ATHLETE CAN WORK AT  
ONCE.**

**SCORE: COMBINED NUMBER OF LAPS ACHIEVED BY ALL  
TEAMMATES ACROSS THE 20 MINUTES.**



# ASSAULT COURSE WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

Both athletes will be standing on their lane number.

## FOLLOWING THE SOUND OF 3,2,1 GO!

On go, athlete 1 will set off and attempt to complete the 600m assault course whilst athlete 2 waits on their lane number. As soon as athlete 1 completes the assault course, they can tag athlete 2 in who can then set off on the 600m assault course. Pairs can continue this process for the full 20 minutes, trying to accumulate as many individual laps as possible. Please see the next page for information on quarter laps.

Each time an athlete has completed a lap, they must then go to the lap judge to get their lap counted, this must be done as each lap is completed rather than cumulatively at the end. Failure to do so may result in your total number of laps not being counted.

# ASSAULT COURSE WORKOUT DETAILS

## WORKOUT RULES

- Only **one** athlete can be working on the assault course at any one time, however, the laps do not need to be completed as a 'you go i go' structure. I.e. the same athlete can perform multiple laps in a row, as long as there is only ever one team member working at once. Teams will decide their own strategy.
- If an athlete cannot complete an obstacle, he/she must complete an amount of penalty burpees before moving forward (the amount will be dependant on the obstacle missed and will be clearly marked on the day).

## MOVEMENT STANDARDS

- As the assault course requires multiple days to set up, we are unable to show you a video run-through of the course. We will release the exact obstacles that will be included in the course closer to event day, but as always, expect to run, jump, climb, crawl & swing!

## LAP STANDARDS

- **A Full Lap** is only complete when the individual has completed the 600m assault course and has let the lap judge know they have completed the lap. If you do not let the lap judge know immediately as the lap is completed, it may not be counted. (If athlete 1 is performing 2 x 600m laps in a row, their partner must let the lap judge know each time athlete 1 completes a lap).
- **Quarter Laps:** 1/4, 1/2 and 3/4 laps can be achieved.
- There will be 3 points clearly marked throughout the assault course that represent quarter laps. The point that athletes reach on their final lap will be equal to the number of quarter laps they receive.
- So for example, if you have 2 minutes left in the workout and feel that you cannot complete a full lap, there will be 3 points clearly marked on the course each representing a quarter of the course. The nearest quarter that you have **successfully** completed once the 20mins is completed will equate to the number of quarter laps you receive as part of your total score.
- Once the 20min is completed, please make sure you verify with the correct quarter lap judge to ensure you get the correct score, if you do not verify it with anyone, it may not be counted.

# ASSAULT COURSE WORKOUT DETAILS

## VERIFYING YOUR SCORE

At the end of this workout, teams must go to their lap judge to check their score. If in their opinion, their scorecard is correct, any one team member must sign their scorecard there and then. Once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**

Alternatively, at the end of the workout, if the team go to check their score and believe there has been a miscount or would like to query something, they must do so there and then. At which point the head judge and if necessary, one of the umpires will have final say on whether any adjustments are to be made to the score.

Once a decision has been made, one team member must sign the (updated) scorecard to acknowledge that they are happy with the recorded score. Once again, once signed, teams are no longer allowed to query the score. **Only one team member needs to sign their scorecard.**