



# THE WORKOUTS

## MIXED TEAM OF 4

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

VO2 Max

Strength & Honour

Brutal Beat Down

Unconventional Beast

The Assault Course

## **ORDER OF EVENTS**

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.

## **VERIFYING YOUR SCORE**

On the day, at the end of each workout, teams must check their score with their lap judge. If the score is correct, one team member signs the scorecard, after which no further queries are allowed. If the team believes there has been a miscount or wishes to query the score, they must do so immediately, at which point the head judge, with input from an umpire if needed, will make a final decision. Once any adjustments are made, one team member signs the updated scorecard to confirm the result, and no further queries are permitted.

# VO2 MAX

## **For Time (20 minute time cap)**

600m Team Run

600m Team Sandbag Run

120m Burpee Broad Jump (30m Each)

600m Team Sandbag Run

600m Team Run

## **Score: time taken to complete workout outlined above.**

*Athletes will first complete a 600m run of the course together (holding the rope provided), then all athletes will pick up their own sandbags and complete another 600m lap of the course. Following this, athletes will split into pairs and complete 60m of burpee broad jumps per pair, one partner will complete the first 30m in each pair and the other will complete the second 30m, totaling 120m for the team. Once complete, athletes will complete another 600m sandbag run together and lastly a regular 600m run to finish. Their score is the total time it takes to complete the above outlined work.*

# **WATCH ME HERE**

# MOVEMENT STANDARDS

- **Team Run:** On all runs (sandbag & regular), athletes must run together using the rope provided at all times. If you split up, you will not be allowed to start the next section of the workout until all team members have completed the current section and you will be penalised for splitting up.
- **Sandbag Team Run:** The sandbags weigh 13kg for the men and 9kg for the women. Each member of the team must carry their own sandbag at all times but they can be carried in any way they choose.
- **Burpee Broad Jumps:** Teams will split into pairs (any combination they choose) and each pair must complete 60m of burpee broad jumps. One member of each pair must complete the first 30m and the other member of the pair must complete the second 30m. You are only allowed to swap at the 30m turn around point. The first rep on each 30m distance must start with both feet of the athlete behind the start line and the final rep must be completed with both feet landing over the finish line. The non-working athletes can follow behind the working athletes. **The two working team mates do not need to burpee in time with one another.**
- 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 broad jump forward. Athletes do not need to stand up fully between the burpee & the broad jump, however, the broad jump must be two-footed. The athlete must start their next burpee where their feet landed on the previous broad jump. Excessive forward falling or diving when descending into the burpee is not allowed. Athletes must lower their hands under control and place them naturally in front of their feet, rather than intentionally throwing the body forward to gain distance.

# LAP STANDARDS

**Please ensure you say your lane number to the judge as you complete each lap, failure to do so may result in the correct number of laps not being counted.**

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

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

For example, if your team completes the workout up to and including the second sandbag running lap but fails to complete the final 600m running lap, your score will be 21 minutes, if your team completes the workout up to and including the burpee broad jumps but does not complete the remaining sandbag lap & regular running lap, your score will be 22 minutes etc.

# STRENGTH & HONOUR

**In 20 minutes, complete as many laps as possible of:**

10m Log Zercher Walking Lunge

20m Tyre Flips

10m Log Zercher Walking Lunge

100m Paired Running Lap

**Score: total number of laps completed in 20 minutes.**

*Athletes will split into pairs and complete 10m of walking lunges with each pair carrying their log in the zercher position. Once the logs have crossed the line, teams will flip the tyre 20m (10m up and 10m back) in mixed pairs. Once completed, the team will complete another 10m of zercher walking lunges back to the start line in their pairs. After crossing the line, any two team members complete a 100m running lap to confirm the round. Teams repeat this sequence for 20 minutes, aiming to accumulate as many rounds as possible.*

# WATCH ME HERE

# MOVEMENT STANDARDS

- **Every running lap must be performed by any two team members using the rope provided but the combination is up to the team.**
- **Log Zercher Lunge:**
- **Heavier Log: 60kg | Lighter Log: 40kg**
- **Athletes must perform the log zercher lunge in pairs but the combination can be chosen by the team. There will be 1 x heavier log and 1 x lighter log.**
- The log can be picked up in anyway, so long as it is secured in the zercher position by both team members before the lunge begins. The zercher position is defined as the log being placed in front of the chest in the crease of both elbows of both athletes.
- Athletes must start with both feet behind the start line and lunge forward over it for the first rep.
- Each rep must start and finish standing tall (hips and knees fully extended). Legs must alternate, the trailing knee must touch the ground each rep, and both athletes must fully stand between reps.
- On the final rep, each athlete's front foot must clearly lunge past the finish line. The trailing leg must then come through to meet it. The 10m distance is only complete once both athletes are standing tall with hips and knees fully extended.
- Zercher lunges do not need to be unbroken. However, advancing in any way that is not a clear lunge will be penalised. Athletes may pause in the zercher position, or place the log down, but must resume from where the previous rep finished.
- Pairs do not need to lunge in time with each other but the next section of the workout cannot begin until both pairs have completed the lunge distance.
- **Tyre Flips: The tyres weigh approx 170kg.**
- **Tyres must be flipped in mixed sex pairs (i.e. 1 male and 1 female),** however, the workout does not have to be completed as 'you go I go' between pairs, and the specific combination of pairs does not need to stay the same throughout...teams will choose their own strategy.
- Partial tyre crossing the line is acceptable when completing your laps (i.e. the whole tyre does not need to cross the line).

## HALF LAPS

A half lap can be achieved by completing the first half of the workout, in this case, this would be completing the first 10m log zercher walking lunge by each pair, followed by 10m of tyre flips to the marked line followed by the 100m paired running lap (by any two team members) to confirm the completed half lap.

So for example, if you have 2 minutes left in the 20 minutes, teams can make the decision to go for a half lap as outlined above. 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.

# BRUTAL BEAT DOWN

**In 20 minutes, complete as many laps as possible of:**

10 Sandbag Over Shoulder Per Pair

10m Wheelbarrow Walk

10 Synchronised Keg Ground 2 Overhead

10m Wheelbarrow Walk

100m Paired Running Lap

**Score: total number of laps completed in 20 minutes.**

*Teams will split into same sex pairs, each pair will complete 10 sandbag over shoulder. Each pair will then complete a 10m wheelbarrow walk followed by 10 synchronised keg ground 2 overhead by all 4 team members. Once completed, the team will again split into same sex pairs and complete another 10m wheelbarrow walk back to the start line. Lastly, any two team members will complete a 100m running lap in order to confirm the completed round. Teams will repeat this sequence for 20 minutes, aiming to accumulate as many rounds as possible.*

# WATCH ME HERE

# MOVEMENT STANDARDS

- **Every running lap must be performed by any two team members using the rope provided but the combination is up to the team.**
- For all movements in which teams split into pairs, pairs do not need to lift exactly in time with the other pair. However, pairs are not permitted to start the next movement in the workout until the other pair has completed the current movement. For example, one pair is not allowed to start the wheelbarrow walk until both pairs have completed the sandbag over shoulder.

## **Sandbag Over Shoulder:**

### **Men's Sandbag 40kg (in 60kg bag) | Women's Sandbag 30kg (in 40kg bag).**

- For the sandbag over shoulder, 10 reps must be completed by each pair every round. Within each pair, the 10 reps can be split between athletes as they choose. Each rep must start with the sandbag on the ground, be lifted with the hands, and moved explosively past the hips and chest before passing fully **over** one shoulder (not around it). The next rep may begin once the sandbag returns to the ground.

## **Wheelbarrow Walk:**

- Every round, both athletes in each pair must each complete a 10m wheelbarrow walk; one athlete may not complete both walks. In other words, all 4 team members must complete a 10m wheelbarrow walk each round.
- Hands must **start on or behind the start line**, and the 10m distance is complete **once both hands are on or cross the finish line**; the rest of the body does not need to cross.
- The athlete performing the wheelbarrow walk must support their bodyweight on their hands at all times. The supporting athlete may hold any part of their partner's legs from the knee down to the feet and must support rather than lead the movement - any attempt to carry or reduce the load on the athlete walking is not permitted and may result in a points deduction.
- Athletes may rest and break up the 10m distance as needed; however, sliding is not permitted. If any body part other than the hands contacts the ground, the athlete must stop and re-establish the wheelbarrow walk position before continuing from that point.

## **Keg Ground 2 Overhead:**

### **Men's Keg 24kg | Women's Keg 18kg**

- All athletes must complete 10 keg ground 2 overhead each per round.
- Athletes must hold the keg horizontally (lengthways) for all ground-to-overhead reps.
- Each rep must start with the keg on the ground and finish with arms fully extended overhead, with athletes permitted to pause at the shoulders if needed.
- While athletes should make an effort to lift in time with their team mates, there is no penalty for being out of sync; "synchronised" means all athletes must complete all 10 ground-to-overhead reps before starting the next movement.
- For the sandbag over shoulder & keg ground 2 overhead, athletes are responsible for counting their own reps, with one team member encouraged to count aloud, and judges will be present to enforce movement standards; any attempt to cut reps or cheat the standards will result in lap deductions.

# HALF LAPS

A half lap may be completed by performing the first half of the workout sequence: 10 sandbag over shoulder by both pairs, one 10 m wheelbarrow walk by both pairs, and the 100m paired running lap (by any two team members) to confirm the completed half lap.

For example, if there is insufficient time to complete a full lap, teams may complete this first half only. Once finished, any two team members must complete the 100m run while the others remain at the end of the wheelbarrow walk until the half lap is verified by the lap judge. When completing the run, athletes must inform the lap judge of their lane number and that they are completing a half lap.

# UNCONVENTIONAL BEAST

## In 20 minutes:

**Wearing a ruck**, complete as many laps as possible of:

15m Farmer's Block Carry Each

15m GORUCK Tombstone Sandbag Carry Each

15m Thick Grip Tyre Drag Each

100m Paired Ruck Running Lap

**Score: total number of laps completed in 20 minutes.**

*Teams will split into same sex pairs, one athlete in each pair will complete the farmer's block carry, tombstone bag carry and tyre drag to the 15m line (in any order they choose). Once completed, the other team mate will return all 3 implements back to the start line (again, in any order they choose). Once all implements are back at the start line, any two members of the team must complete a 100m running lap to confirm the completed round. Teams will repeat this sequence for 20 minutes, aiming to accumulate as many rounds as possible.*

# WATCH ME HERE

# MOVEMENT STANDARDS

- **Every running lap must be performed by any two team members using the rope provided but the combination is up to the team.**
- Athletes are not required to complete any of the 15m carries or 15m drag unbroken; if needed, the implement may be set down, regripped, and the distance completed.
- Chalk, glue, and gloves are permitted, but lifting straps are not.
- Pairs do not need to wait for the other pair when completing their movements, however, the running lap cannot be completed until all implements from both pairs are back at the start line.

## **Ruck - Men's weight 12kg | Women's weight 8kg**

- Rucks must be worn at all times during the workout.

## **Farmer's Block Carry**

- **Men's Weight 25kg Per Hand | Women's Weight 15kg Per Hand.**
- Athletes must pick up the farmer's blocks from the scaffolding handles. You are not permitted to pick them up directly from the blocks. No dragging of any kind is permitted.

## **Tombstone Sandbag Carry**

- **Men's Weight 65kg | Women's Weight 45 kg**
- Athletes can pick up the sandbag & carry it as they wish. No dragging of any kind is permitted.

## **Thick Grip Tyre Drag**

- **Men's Weight 55kg | Women's Weight 40kg**
- Athletes must drag the tyre with their hands on the wooden block **only** whilst facing towards the tyre (i.e. dragging backwards), athletes are not permitted to pull directly from the rope or the tyre or wrap the rope around any part of their body. The entire tyre must cross the designated finish line fully.

# HALF LAPS

A half lap can be achieved by one person in each pair completing all of their 3 movements to the 15m line followed by any two members of the team completing the 100m paired running lap to confirm the completed half lap.

So for example. if you have two minutes left in the workout and feel that you cannot complete a full lap, one athlete per pair can perform the first part of the workout (i.e. their 15m block carry, 15m bag carry & 15m tyre drag). Once completed, any two team members 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 be able to verify the half lap by where the implements are positioned on the field.

# ASSAULT COURSE

## In 20 minutes:

Complete as many individual laps of the 600m assault course as possible\*

\*Only two athletes can work at once.

**Score: combined number of laps achieved by the team in 20 minutes.**

*On “go,” any two members of the team begin the 600m assault course (individually) while the other two team members remain at their lane. Once an athlete completes the course, they can tag another athlete in, who then starts their 600m lap. Teams repeat this sequence for 20 minutes, aiming to complete as many individual laps as possible. After each completed lap, the athlete must notify the lap judge immediately (laps cannot be submitted cumulatively at the end). Failure to submit laps as they are completed may result in laps not being counted.*

# MOVEMENT STANDARDS

- Only two athletes in the team can be working (individually) 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(s) can perform multiple laps in a row, as long as there is only ever two team members working at once. Teams will decide their own strategy.
- 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, a teammate must let the lap judge know each time athlete 1 completes a lap).
- Any athlete who cannot complete an obstacle must perform the designated penalty burpees before continuing, with the amount marked at each obstacle.
- The course setup takes multiple days, so no video run-through is available, but the exact obstacles will be announced closer to the event. Athletes should expect running, jumping, climbing, crawling, and swinging.

# LAP STANDARDS

- **For this workout, 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, your quarter lap may not be counted.