

# THE WORKOUTS

MIXED TEAMS OF 4



**SATURDAY 10TH JUNE 2023**  
**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 ON EACH WORKOUT CAN BE FOUND ON THE PENULTIMATE PAGE OF THIS WORKOUT PACK.

# VO2 MAX

**IN 20MINS COMPLETE THE FOLLOWING:**

**- 1.2KM TEAM RUCK RUN**

**- 1.2KM TEAM RUN**

**- MAX DISTANCE ROW IN THE REMAINING  
TIME (ON TWO ROWERS)**

**SCORE: YOUR SCORE IS THE TOTAL DISTANCE  
ACHIEVED IN THE TWO RUNS COMBINED WITH THE  
DISTANCE ACHIEVED ON THE TWO ROWERS.**

**WATCH ME HERE**

# VO2 MAX WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

EACH ATHLETE IN THE TEAM WILL BE WEARING A BACKPACK.

TEAMS WILL ALSO BE HOLDING A ROPE TOGETHER AND MUST CARRY THIS AT ALL TIMES DURING BOTH RUNS (ATHLETES MUST STAY TOGETHER DURING THE RUNS).

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

TEAMS WILL FIRST SET OFF ON THE 1.2KM RUCK RUN, THE ROUTE IS A 600M LOOP THAT MUST BE COMPLETED TWICE. 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 WHENEVER YOU COMPLETE A 600M LAP.

ONCE TEAMS HAVE COMPLETED THE 1.2KM TEAM RUCK RUN, THEY WILL LEAVE THEIR BAGS IN THEIR STARTING PEN AND WILL NOW COMPLETE A 1.2KM TEAM RUN WITHOUT THE BACKPACKS. SAME RULES APPLY AS THE RUCK RUN (I.E. YOU MUST RUN TOGETHER CARRYING THE ROPE AT ALL TIMES AND YOU MUST COMPLETE 2 LAPS OF THE 600M ROUTE).

ONCE TEAMS HAVE COMPLETED THE 1.2KM RUN, THEY WILL THEN MOVE TO THEIR TWO ROWERS. IN THE REMAINING TIME THEY HAVE LEFT OF THE 20MINUTES, THEY MUST TRY TO ACCUMULATE AS MUCH DISTANCE ON THE ROWERS AS POSSIBLE.

YOUR SCORE IS THE TOTAL DISTANCE ACHIEVED IN THE TWO RUNS COMBINED WITH THE DISTANCE ACHIEVED ON THE TWO ROWERS.

# VO2 MAX WORKOUT DETAILS

## MOVEMENT STANDARDS

- BACKPACK WEIGHT: 15KG MALES, 10KG FEMALES.
- TEAMS MUST COMPLETE BOTH THE RUCK RUN AND RUN TOGETHER. TEAMS MUST COMPLETE BOTH RUNS HOLDING THE ROPE PROVIDED.
- IN THE EVENT OF A TEAM SPLITTING UP ON EITHER RUN, TEAM MEMBERS WILL NOT BE PERMITTED TO START THE NEXT STAGE OF THE WORKOUT UNTIL ALL TEAM MEMBERS HAVE COMPLETED THE CURRENT STAGE THEY ARE ON & YOU MAY BE PENALISED FOR SPLITTING UP.
- ONLY TWO TEAM MEMBERS CAN ROW AT ANY ONE TIME AND YOU WILL DECIDE YOUR OWN STRATEGY AS TO HOW TO SPLIT THE WORKLOAD BETWEEN YOUR TEAM.
- ALL ROWERS WILL BE SET TO ZERO RESISTANCE AND YOU WILL DECIDE YOUR OWN STRATEGY AS TO RESISTANCE LEVELS.

## LAP STANDARDS

**HALF LAPS:** THERE ARE NO HALF LAPS ON THIS WORKOUT, UNLESS YOU DO NOT COMPLETE THE TWO 1.2K RUNS.

IF YOUR TEAM IS UNABLE TO COMPLETE THE 1.2K RUCK RUN AND 1.2K UNWEIGHTED RUN IN THE 20 MINUTES, YOUR SCORE WILL BE THE COMBINED DISTANCE YOU ACHIEVE ON THE TWO RUNS (TO THE NEAREST COMPLETED 600M LAP). SO FOR EXAMPLE, SAY YOUR TEAM COMPLETES THE 2 X 600M LAPS FOR THE 1.2K RUCK RUN AND ONLY 1 LAP OF THE UNWEIGHTED RUN (BEFORE THE TIME IS UP), YOUR SCORE FOR THE WORKOUT WILL BE 1800 METRES.

# STRENGTH & HONOUR

\*SPLIT INTO MIXED PAIRS\*

IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:

-25M SYNCHRONISED LOG SLED PULL BY EACH PAIR

-25M TYRE FLIPS

-100M PAIRED RUNNING LAP

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

WATCH ME HERE



# STRENGTH & HONOUR WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

TEAMS WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT) NEXT TO THE TWO LOG SLED PULLS.

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

TEAMS WILL SPLIT INTO MIXED PAIRS AND EACH PAIR WILL PICK UP THEIR LOG AND PROCEED TO DRAG THEIR SLED 25 METRES UNTIL **BOTH** SLEDS HAVE CROSSED THE DESIGNATED 25M LINE (THE SLEDS MUST CROSS THE LINE, NOT JUST THE LOG, PLEASE NOTE: **PARTIAL LINE CROSSING IS NOT ACCEPTABLE**).

ONCE **BOTH** LOG SLEDS HAVE CROSSED THE 25M LINE, TEAMS WILL THEN MOVE TO THE TRACTOR TYRE STATIONED AT THE 25M LINE AND PROCEED TO FLIP IT 25M BACK TO THE START LINE, TYRE FLIPS **MUST** BE PERFORMED IN MIXED PAIRS. THEY MUST CONTINUE TO FLIP THE TYRE UNTIL THE TYRE HAS CROSSED THE DESIGNATED LINE, (**PARTIAL LINE CROSSING IS ACCEPTABLE**).

ANY TWO ATHLETES FROM THE TEAM MUST THEN COMPLETE THE 100M PAIRED RUNNING LAP AND LET THE LAP JUDGE KNOW THEIR LANE NUMBER AS THEY PASS THEM.

ONCE THE PAIRED RUNNING LAP IS COMPLETED, TEAMS CAN THEN START A NEW ROUND.

EACH ROUND WILL ALWAYS BEGIN WITH THE WEIGHTED IMPLEMENT THAT IS CLOSEST TO THE START LINE, (I.E. THE ROUND WILL BEGIN WITH THE IMPLEMENT THAT THE TEAM FINISHED THE PREVIOUS ROUND WITH).

FOR EXAMPLE, THE TEAM 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.

TEAMS 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 PAIRS LOG SLED WEIGHT - 95KG
- ATHLETES **MUST PERFORM** THE LOG SLED PULL IN MIXED PAIRS. (HOWEVER, THE SPECIFIC COMBINATION OF MIXED PAIRS DOES NOT NEED TO STAY THE SAME THROUGHOUT, TEAMS WILL CHOOSE THEIR OWN STRATEGY.)
- ATHLETES MAY ONLY DRAG THE SLED BY HOLDING ONTO THE LOG, THEY ARE NOT PERMITTED TO CARRY THE SLED (TYRE) OR PULL DIRECTLY FROM THE ROPE AT ANY POINT DURING THE 25M DISTANCE.
- FOR THE LOG SLED PULL, THE ENTIRE SLED (TYRE) MUST FULLY CROSS THE LINE (NOT JUST THE LOG). PARTIAL CROSSING IS NOT PERMITTED. THIS WILL BE CLEARLY MARKED ON THE DAY.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO DRAG THE SLEDS IN TIME WITH THE OTHER PAIR IN YOUR TEAM AS THIS WILL ALLOW YOU TO MOVE QUICKER, 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 OTHER WORDS, **YOUR TEAM IS NOT ALLOWED TO START FLIPPING THE TYRE UNTIL BOTH SLED PULLS HAVE CROSSED THE DESIGNATED LINE.**

## TYRE FLIP MOVEMENT STANDARDS

- TYRES **MUST** BE FLIPPED IN MIXED SEX PAIRS (I.E. 1 MALE AND 1 FEMALE). THE WORKOUT DOES NOT HAVE TO BE COMPLETED AS 'A YOU GO I GO' BETWEEN PAIRS, AND THE SPECIFIC COMBINATION OF PAIRS DOES NOT NEED TO STAY THE SAME THROUGHOUT...ATHLETES WILL CHOOSE THEIR OWN STRATEGY.
- 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 BOTH 25M LOG SLED PULLS, THE 25M TYRE FLIPS **AND** TWO MEMBERS OF THE TEAM COMPLETE THE 100M RUNNING LAP TOGETHER. IF YOU SIMPLY COMPLETE THE SLED PULLS AND THEN THE TYRE FLIPS (AND NOT THE RUNNING LAP), THIS WILL NOT COUNT AS A FULL LAP.
- THE PAIRED RUNNING LAP MUST BE PERFORMED BY ANY TWO TEAM MEMBERS AND THEY MUST RUN IT TOGETHER BE HOLDING THE ROPE PROVIDED. THE PAIR PERFORMING THE RUNNING LAP DOES NOT NEED TO STAY THE SAME EVERY ROUND.
- A **HALF LAP** CAN BE ACHIEVED BY COMPLETING EITHER THE 25M LOG SLED PULL (BY EACH PAIR) OR THE 25M TYRE FLIP AS WELL AS THE PAIRED 100M RUNNING 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. IN ORDER TO ACHIEVE THIS, TEAMS CAN CHOOSE TO COMPLETE EITHER THE 25M LOG SLED PULLS (BOTH SLED) OR THE 25M TYRE FLIP FOLLOWED BY THE 100M PAIRED 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 HEAD JUDGE WITH THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.



# BRUTAL BEAT DOWN

**\*ALL 4 TEAM MEMBERS WORKING AT ONCE\***

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

- 10 SYNCHRONISED KEG GROUND TO OVERHEAD
- 10M SYNCHRONISED KEG WALKING LUNGES
- 10M SYNCHRONISED WHEELBARROW WALK
- 10M SYNCHRONISED WHEELBARROW WALK
- 10M SYNCHRONISED KEG WALKING LUNGES
- 10 SYNCHRONISED KEG GROUND TO OVERHEAD
- 100M PAIRED RUNNING LAP

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

**WATCH ME HERE**

# BRUTAL BEAT DOWN WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

ATHLETES WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT) WITH THE KEGS IN FRONT OF THEM.

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

TEAMS WILL PICK UP THEIR KEGS (THIS MUST BE LENGTHWAYS WITH THE KEGS RESTING ON THEIR SIDES) AND PERFORM 10 KEG GROUND TO OVERHEADS, ENSURING THEY ARE EXTENDING THEIR ARMS FULLY AT THE TOP OF EACH REP AND TOUCHING THE KEG ON THE GROUND BEFORE THE NEXT REP.

FOR ALL 'SYNCHRONISED' MOVEMENTS, YOU DO NOT NEED TO BE IN EXACT TIME WITH YOUR TEAMMATES, HOWEVER YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL ALL OF YOU HAVE COMPLETED THE PRESCRIBED REPS/DISTANCE OF THE PREVIOUS MOVEMENT.

ONCE ALL GROUND TO OVERHEAD HAVE BEEN COMPLETED, ATHLETES WILL THEN PROCEED TO PLACE THE KEG ON THEIR BACKS AND LUNGE 10M FORWARD, ENSURING YOU ARE TOUCHING YOUR KNEE AT THE BOTTOM OF EACH REP AND STANDING UP FULLY IN BETWEEN. PLEASE SEE ABOVE NOTE ON SYNCHRONISED MOVEMENT STANDARDS AS SAME RULES WILL APPLY.

ONCE ALL TEAM MEMBERS HAVE COMPLETED THE LUNGES, THEY WILL PLACE THEIR KEGS ON THE GROUND AND MOVE TO THE WHEELBARROW WALK. TEAMS WILL SPLIT INTO PAIRS WITH ONE MEMBER OF EACH PAIR COMPLETING THE FIRST 10M WHEELBARROW WALK AND THE SECOND MEMBER OF EACH PAIR COMPLETING THE SECOND 10M WHEELBARROW WALK. **EVERY TEAM MEMBER MUST COMPLETE A 10M WHEELBARROW WALK EACH ROUND.**

FOLLOWING THE SECOND 10M LENGTH OF WHEELBARROW WALKS, ALL ATHLETES WILL PICK UP THEIR KEGS AND PROCEED TO LUNGE BACK 10M TO THE START LINE. UPON REACHING THE START LINE, ATHLETES WILL THEN PERFORM ANOTHER 10 GROUND TO OVERHEAD BEFORE TWO TEAM MEMBERS COMPLETE THE 100M PAIRED RUNNING LAP.

ONCE THE 100M PAIRED RUNNING LAP IS COMPLETED, TEAMS WILL THEN START A NEW ROUND, STARTING WITH THE GROUND TO OVERHEAD AGAIN FOLLOWED BY THE LUNGES, THEN THE FIRST 10M WHEELBARROW WALK ETC.

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

## KEG GROUND TO OVERHEAD MOVEMENT STANDARDS

- MALE KEG WEIGHT - 20KG
- FEMALE KEG WEIGHT - 15KG
- ATHLETES MUST HOLD THE KEGS HORIZONTALLY (LENGTHWAYS) DURING THE GROUND TO OVERHEAD, YOU ARE NOT PERMITTED TO TREAT THE KEG AS A KETTLEBELL SWING.
- THE KEG MUST BE ON THE GROUND AT THE START OF EACH REP AND YOUR ARMS MUST BE STRAIGHT AT THE TOP OF EACH REP. YOU ARE ALLOWED TO PAUSE AT YOUR SHOULDERS IF YOU WISH. YOU CAN GO STRAIGHT FROM OVERHEAD TO THE BACK RACK FOR THE LUNGES ONCE THE 10 GROUND TO OVERHEAD ARE COMPLETED.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR TEAM AS THIS WILL ALLOW YOU TO MOVE QUICKER, 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 OTHER WORDS, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL ALL MEMBERS OF THE TEAM HAVE COMPLETED THE 10 REPS OF THE GROUND TO OVERHEAD.
- IT IS YOUR RESPONSIBILITY TO COUNT THE 10 REPS, WE RECOMMEND DESIGNATING A REP COUNTER IN YOUR TEAM AND HAVE THEM COUNT THE REPS ALOUD.
- WE WILL ALSO HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS AND PERFORMING THE GROUND TO OVERHEAD CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

## KEG WALKING LUNGE MOVEMENT STANDARDS

- ATHLETES MUST HOLD THE KEGS HORIZONTALLY (LENGTHWAYS) DURING THE LUNGE IN THE BACK RACK POSITION, YOU ARE NOT PERMITTED TO CARRY THE KEG ANYWHERE ELSE WHEN LUNGING.
- YOU MUST BEGIN THE LUNGES BEHIND THE START LINE, SO YOU ARE STEPPING OVER THE START LINE FOR YOUR FIRST REP. BOTH FEET NEED TO BE PAST THE FINISH LINE IN ORDER TO COMPLETE THE DISTANCE, ENSURING YOU ARE STEPPING OVER THE 10M LINE.
- YOUR KNEE MUST TOUCH THE GROUND AT THE BOTTOM OF EACH REP AND YOU MUST STAND UP FULLY BEFORE THE NEXT REP. STAYING LOW AND NOT EXTENDING FULLY AT THE TOP OF EACH LUNGE IS NOT ALLOWED AND MAY BE PENALISED.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR TEAM AS THIS WILL ALLOW YOU TO GO QUICKER, 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 OTHER WORDS, YOU ARE NOT ALLOWED TO START THE NEXT MOVEMENT IN THE WORKOUT UNTIL ALL OF YOU HAVE COMPLETED THE 10 METRES OF WALKING LUNGES.
- IT IS YOUR RESPONSIBILITY TO PERFORM THE MOVEMENTS TO AN ACCEPTABLE STANDARD, HOWEVER, WE WILL HAVE SEVERAL MOVEMENT STANDARD JUDGES ON THE DAY TO ENSURE NO ONE IS CUTTING REPS & EVERYONE IS LUNGING CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

## WHEELBARROW WALK MOVEMENT STANDARDS

- IN EVERY LAP, EACH ATHLETE MUST EACH PERFORM A 10M WHEELBARROW WALK. HOWEVER, YOU CAN CHOOSE HOW TO SPLIT UP THE PAIRS, I.E. BOTH MALE TEAM MATES DO NOT NEED TO COMPLETE THE WHEELBARROW WALK TOGETHER (OR VICE VERSA). TEAMS WILL DECIDE THEIR OWN STRATEGY.
- THE ATHLETE HOLDING THEIR PARTNER'S LEGS CAN HOLD ANY PART OF THE LEG FROM THE KNEE DOWNWARDS (TO THE FOOT). ANY ATTEMPT TO ESSENTIALLY CARRY THE PERSON PERFORMING THE WHEELBARROW WALK IN ORDER TO MAKE THE MOVEMENT EASIER FOR THEM IS NOT ALLOWED AND MAY RESULT IN A POINTS DEDUCTION. YOUR ROLE IS TO SUPPORT THE PERSON PERFORMING THE WHEELBARROW WALK RATHER THAN LEAD THE MOVEMENT.
- THE PERSON PERFORMING THE WHEELBARROW WALK MUST SUPPORT THEIR WEIGHT ON THEIR HANDS AT ALL TIMES AND MOVE THEIR HANDS FORWARD AS IF THEY ARE WALKING. HOWEVER, NO SLIDING OF ANY KIND IS PERMITTED, IF ANY BODY PART APART FROM YOUR HANDS TOUCHES THE GROUND DURING THE WALKS, YOU MUST STOP.
- THE SPEED YOU GO IS UP TO YOU, HOWEVER, ANY ATTEMPT AT TRYING TO CHEAT THE MOVEMENT STANDARD MAY RESULT IN A LAP DEDUCTION.
- YOUR HANDS MUST START BEHIND THE START LINE AS YOU BEGIN THE WHEELBARROW WALKS AND THE 10M IS COMPLETED ONCE YOUR HANDS HAVE CROSSED THE 10M LINE (I.E. YOUR WHOLE BODY AND/YOUR PARTNER DOES NOT NEED TO CROSS THE LINE). THIS WILL BE CLEARLY MARKED ON THE DAY.

## LAP STANDARDS

- A **FULL LAP** IS ONLY COMPLETE WHEN THE TEAM HAVE ALL COMPLETED THE 10 GROUND TO OVERHEAD, 10M WALKING LUNGE, 10M WHEELBARROW WALK UP, 10M WHEELBARROW WALK BACK, 10M WALKING LUNGE, 10 GROUND TO OVERHEAD **AND** TWO TEAM MEMBERS COMPLETE THE 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- THE PAIRED RUNNING LAP **MUST** BE PERFORMED BY ANY TWO TEAM MEMBERS AND THEY MUST RUN IT TOGETHER BE HOLDING THE ROPE PROVIDED. THE PAIR PERFORMING THE RUNNING LAP DOES NOT NEED TO STAY THE SAME EVERY ROUND.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY PERFORMING THE FIRST PART OF THE WORKOUT SO THE FIRST 10 GROUND TO OVERHEAD, THE FIRST 10M WALKING LUNGE, ONE SYNCHRO 10M WHEELBARROW WALK AND THE 100M PAIRED RUNNING LAP.
- SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, YOUR TEAM CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE 10 GROUND 2 OVERHEAD, THE 10M WALKING LUNGE AND THE FIRST 10M WHEELBARROW WALK (2 PEOPLE), ONCE THIS HAS BEEN COMPLETED, TWO TEAMMATES MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER TEAMMATES MUST REMAIN AT THE FINISHING POINT OF THE WHEELBARROW WALK UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE. (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).

# UNCONVENTIONAL BEAST

\*SPLIT INTO SAME SEX PAIRS\*

IN 20MINS COMPLETE AS MANY LAPS AS  
POSSIBLE OF:

- 15M FARMER'S CARRY EACH
  - 15M SANDBAG CARRY EACH
  - 15M PARTNER CARRY EACH
- 100M PAIRED RUNNING LAP

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

WATCH ME HERE

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

TEAMS WILL BE STANDING IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT).

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

TEAMS WILL SPLIT INTO SAME SEX PAIRS, 1 MALE ATHLETE & 1 FEMALE ATHLETE MUST EACH CARRY THE SANDBAG, THE FARMER'S BLOCKS AND THEIR TEAM MATE (OF THE SAME SEX) 15M AND PLACE THEM OVER THE 15M LINE (IN ANY ORDER THEIR CHOOSE).

ONCE ALL IMPLEMENTS HAVE BEEN PLACED OVER THE 15M LINE, THE PARTNERS WHO HAVE JUST BEEN CARRIED MUST THEN CARRY THE SANDBAG, THE FARMER'S BLOCK AND THEIR TEAM MATE (OF THE SAME SEX) BACK TO THE START LINE.

ONCE ALL IMPLEMENTS AND PARTNERS HAVE BEEN RETURNED TO THE START LINE, ANY TWO ATHLETES MUST COMPLETE THE 100M PAIRED RUNNING LAP TOGETHER.

ONCE COMPLETED, A MALE ATHLETE AND A FEMALE ATHLETE WILL AGAIN START TO CARRY THE IMPLEMENTS TO THE 15M LINE ETC, CONTINUING THIS PROCESS FOR 20 MINUTES, TRYING TO ACHIEVE AS MANY LAPS AS POSSIBLE.

# UNCONVENTIONAL BEAST WORKOUT DETAILS

## MOVEMENT STANDARDS AND WEIGHTS

- SANDBAG WEIGHT - MEN=60K / WOMEN=40K
- FARMER'S CARRY WEIGHT - MEN=25K EACH HAND / WOMEN=15K EACH HAND
- ATHLETES CAN CHOOSE TO CARRY THE IMPLEMENTS IN ANY ORDER THEY CHOOSE. HOWEVER, IN EACH PAIR, 1 ATHLETE MUST CARRY ALL 3 IMPLEMENTS ONE WAY, THE OTHER ATHLETE MUST CARRY THEM ALL BACK.
- ATHLETES CAN CHOOSE TO CARRY THE SANDBAG AND THEIR PARTNER IN ANY WAY THAT THEY WISH.
- 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.
- ANY ATTEMPT TO WALK BETWEEN THE START LINE AND 15M LINE WITHOUT IMPLEMENTS (OR WHEN IT'S NOT YOUR TURN TO CARRY) IS NOT ALLOWED. IF DONE REPEATEDLY THIS WILL BE SEEN AS AN ATTEMPT TO MISS THE PARTNER CARRY AND WILL BE PENALISED WHICH 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 & GLOVES ARE PERMITTED, LIFTING STRAPS ARE NOT.

## LAP STANDARDS

- **A FULL LAP** IS ONLY COMPLETE WHEN THE ALL TEAM MEMBERS HAVE EACH COMPLETED A 15M SANDBAG CARRY, FARMER'S CARRY AND PARTNER CARRY (ALL IMPLEMENTS ARE BACK AT THE START LINE) AND THEN ANY TWO TEAM MEMBERS COMPLETE THE 100M RUNNING LAP. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- THE PAIRED RUNNING LAP MUST BE PERFORMED BY ANY TWO TEAM MEMBERS AND THEY MUST RUN IT TOGETHER BY HOLDING THE ROPE PROVIDED. THE PAIR PERFORMING THE RUNNING LAP DOES NOT NEED TO STAY THE SAME EVERY ROUND.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY ONE MALE AND ONE FEMALE TEAM MEMBERS COMPLETING ALL OF THEIR CARRIES AS WELL AS THE 100M PAIRED RUNNING LAP BEING COMPLETED BY ANY TWO TEAM MEMBERS. SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, ONE MALE ATHLETE AND ONE FEMALE ATHLETE CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE SANDBAG CARRY, THE FARMER'S CARRY AND THE PARTNER CARRY), ONCE COMPLETED, TWO TEAM MATES MUST THEN COMPLETE THE 100M PAIRED RUNNING LAP WHILST THE OTHER TEAM MATES REMAIN AT THE 15M LINE UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE (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 ASSAULT COURSE

IN 20MINS:

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 ALL  
TEAMMATES ACROSS THE 20 MINUTES.

# ASSAULT COURSE WORKOUT DETAILS

## BEFORE THE WORKOUT STARTS

ALL ATHLETES WILL BE STANDING ON THEIR LANE NUMBER.

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

ANY TWO MEMBERS OF THE TEAM WILL SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE (INDIVIDUALLY) WHILE THE REMAINING TEAM MEMBERS WAIT ON THEIR LANE NUMBER. AS SOON AS AN ATHLETE COMPLETES THE ASSAULT COURSE, THEY CAN TAG ONE OF THEIR TEAMMATES IN WHO CAN THEN SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE. ALL TEAM MATES WILL 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 TWO ATHLETES 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(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.
- 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).

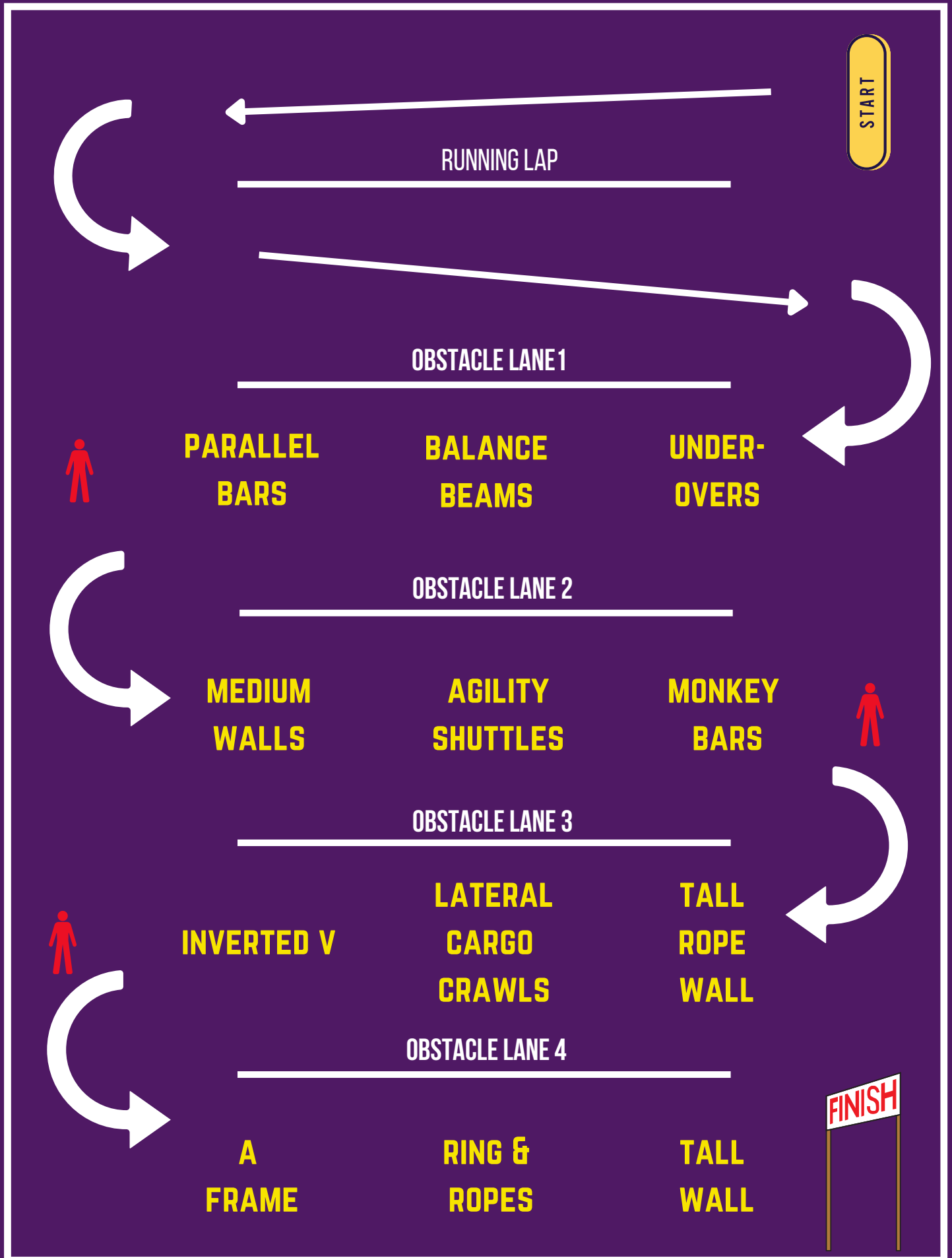
## MOVEMENT STANDARDS

- AS THE ASSAULT COURSE REQUIRES MULTIPLE DAYS TO SET UP, WE ARE UNABLE TO CURRENTLY SHOW YOU A VIDEO RUN-THROUGH OF THE COURSE.
- HOWEVER, PLEASE HAVE A LOOK AT THE DESIGN ON THE NEXT PAGE WHICH OUTLINES WHICH OBSTACLES TO EXPECT.

## 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 600M LAPS IN A ROW, A NON-WORKING TEAM MATE 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 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



JUDGING BOX TO LOG SCORES



QUARTER LAP JUDGE

# HALF LAPS - MIXED TEAMS OF 4

## VO2 MAX

THERE ARE NO HALF LAPS ON THIS WORKOUT, UNLESS TEAMS DO NOT COMPLETE THE TWO 1.2KM RUNS.

IF A TEAM IS UNABLE TO COMPLETE THE 1.2K RUCK RUN AND 1.2K UNWEIGHTED RUN IN THE 20 MINUTES, THEIR SCORE WILL BE THE COMBINED DISTANCE YOU ACHIEVE ON THE TWO RUNS (TO THE NEAREST COMPLETED 600M LAP. SO FOR EXAMPLE, SAY YOUR TEAM COMPLETES THE 2 X 600M LAPS FOR THE 1.2K RUCK RUN AND ONLY 1 LAP OF THE UNWEIGHTED RUN (BEFORE THE TIME IS UP), YOUR SCORE FOR THE WORKOUT WILL BE 1800 METRES.

## STRENGTH & HONOUR

A HALF LAP CAN BE ACHIEVED BY COMPLETING EITHER THE SYNCHRONISED 25M LOG SLED PULL OR THE 25M TYRE FLIP AS WELL AS THE PAIRED 100M RUNNING LAP.

IN ORDER TO ACHIEVE THIS, TEAMS CAN CHOOSE TO COMPLETE EITHER THE SYNCHRONISED 25M LOG SLED PULL OR A 25M TYRE FLIP (REGARDLESS OF POSITION ON THE FIELD) FOLLOWED BY THE PAIRED 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 HEAD JUDGE WITH THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.

## UNCONVENTIONAL BEAST

A HALF LAP CAN BE ACHIEVED BY 1 MALE AND 1 FEMALE TEAM MATE COMPLETING ALL OF THEIR CARRIES TO THE 15M LINE AS WELL AS THE PAIRED 100M RUNNING LAP.

IN ORDER TO ACHIEVE THIS, ONE MALE TEAM MATE AND ONE FEMALE TEAM MATE CAN PERFORM THE FIRST PART OF THE WORKOUT (I.E. THE SANDBAG CARRY, THE FARMER'S CARRY AND THE PARTNER CARRY), ONCE COMPLETED, ANY TWO TEAM MATES MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER TEAM MATES MUST REMAIN AT THE 15M LINE UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE (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).

## BRUTAL BEAT DOWN

A HALF LAP CAN BE ACHIEVED BY PERFORMING THE FIRST SETS OF THE 10 GROUND TO OVERHEAD, THE 10M WALKING LUNGE, ONE 10M WHEELBARROW WALK AND THE 100M PAIRED RUNNING LAP.

IN ORDER TO ACHIEVE THIS, TEAMS CAN PERFORM THE FIRST HALF OF A FULL LAP (I.E. THE 10 GROUND 2 OVERHEAD, THE 10M WALKING LUNGE AND THE FIRST SYNCHRONISED 10M WHEELBARROW WALK), ONCE THIS HAS BEEN COMPLETED, ANY TWO TEAM MATES MUST THEN COMPLETE THE 100M PAIRED RUNNING LAP WHILST THE OTHER TEAM MATES MUST REMAIN AT THE FINISHING POINT OF THE WHEELBARROW WALK UNTIL THIS HALF LAP HAS BEEN VERIFIED BY THE LAP JUDGE (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 ASSAULT COURSE

QUARTER LAPS WILL BE AWARDED ON THE ASSAULT COURSE - THERE WILL BE 3 POINTS CLEARLY MARKED THROUGHOUT THE ASSAULT COURSE THAT REPRESENT QUARTER LAPS. 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. PLEASE MAKE SURE THAT 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.

## **PROVISIONAL SCHEDULE FOR THE DAY**

**CAR PARK & EVENT SITE OPEN: 7AM**

**PRE-EVENT TALK WITH EVENT DIRECTOR: 9AM - 9.20AM**

**MORNING WORKOUTS BEGIN: 9.30AM**

**LUNCH BREAK: 13.50PM - 14.45PM**

**AFTERNOON WORKOUTS BEGIN: 14.50PM**

**FINAL WORKOUT ENDS: 17.15PM**

**AWARDS: 17.45PM**

**YOU WILL RECEIVE THE FULL EVENT SCHEDULE IN YOUR  
ATHLETE PACK CLOSER TO THE EVENT.**