



**BATTLE AT BLAISE**  
7K OBSTACLE COURSE RACE

# THE COURSE

KINGS WESTON ROAD

START

FINISH

CAR PARK

1 JUST GETTING STARTED

2 ONTO THE TRAIL

3 CLIMB & CARRY

4 BASE CAMP

6 CAN YOU HOLD ON?

7 IN THE BAG

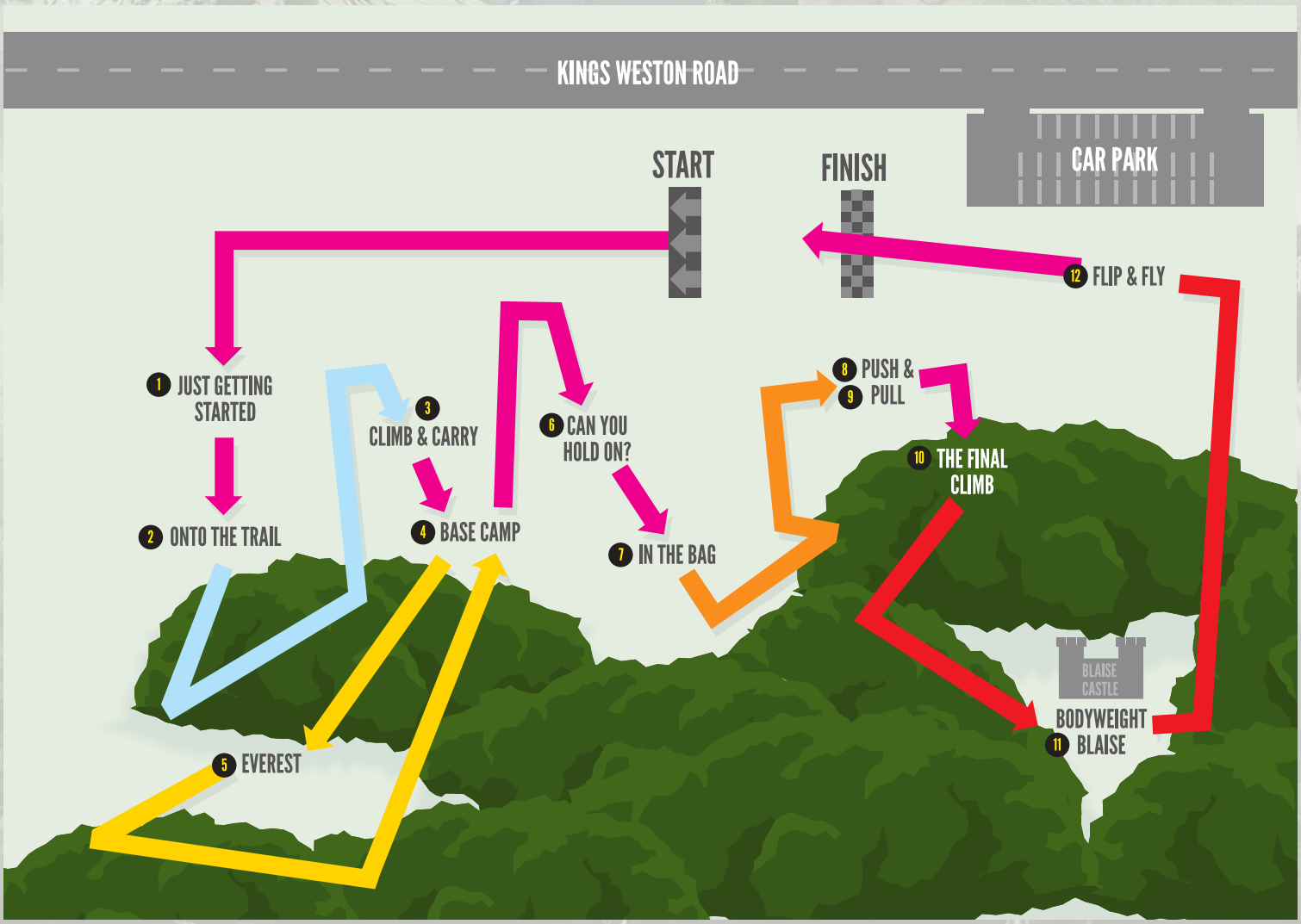
8 PUSH & PULL

10 THE FINAL CLIMB

12 FLIP & FLY

5 EVEREST

BLAISE CASTLE  
BODYWEIGHT  
11 BLAISE



**1**

## **JUST GETTING STARTED**

THREE OBSTACLES TO GET YOU JUMPING, TESTING YOUR BALANCE AND READY TO GO!



**2**

## **ONTO THE TRAIL**

THE FIRST OF OUR TRAILS!  
FOLLOW THE BLUE LINE ON THE MAP

**3**

## **CLIMB & CARRY**

OUR FIRST MAJOR CLIMBING OBSTACLES, COUPLED WITH SOME GOOD OLD ODD OBJECT CARRIES



**4**

## **BASE CAMP**

THE START OF OUR SECOND TRAIL AND IT WON'T BE JUST YOUR BODYWEIGHT THAT YOU'LL BE CARRYING UP THIS SHARP INCLINE! FOLLOW THE YELLOW ARROWS ON THE MAP!



**5**

## **EVEREST**

OUR FIRST FUNCTIONAL FITNESS STATION AND ONE THAT'S GUARANTEED TO GET THOSE LEGS FEELING LIKE YOUR CLIMBING EVEREST!



**6**

## **CAN YOU HOLD ON?**

A TEST OF GRIP AND BACK STRENGTH, INVOLVING ROWING AND TWO SCAFFOLD-BASED OBSTACLES



**7**

## **IN THE BAG**

OUR SHORTEST AND FLATTEST TRAIL BUT AS YOU'VE PROBABLY GUESSED BY THE NAME, IT WON'T BE YOUR STANDARD RUN. FOLLOW THE ORANGE ARROWS ON THE MAP!



**8**

## **PUSH**

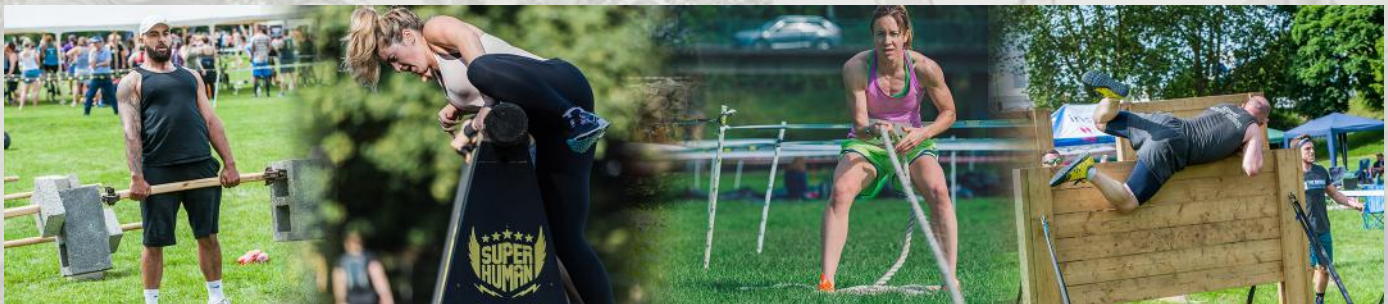
A SERIES OF CHALLENGES ALTERNATING BETWEEN FUNCTIONAL FITNESS STATIONS AND OBSTACLES! BE READY TO TEST YOUR ODD-OBJECT LIFTING STRENGTH BUT ALSO YOUR ABILITY TO MOVE YOUR OWN BODYWEIGHT!



**9**

## **PULL**

THE PERFECT WAY TO BALANCE OUT ALL OF THE PUSHING THAT YOU WILL HAVE JUST DONE! SAME STRUCTURE AS "PUSH" BUT A DIFFERENT FOCUS!



**10**

## **THE FINAL CLIMB**

OUR FINAL TRAIL THAT SLOWLY CLIMBS & CLIMBS ALL THE WAY TO BLAISE CASTLE! FOLLOW THE RED ARROWS ON THE MAP!

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**11**

## **BODYWEIGHT BLAISE**

SEE WHAT WE DID THERE?! AT THE BASE OF BLAISE CASTLE, YOU'LL HAVE TO CONQUER A SERIES OF BODYWEIGHT CHALLENGES BEFORE HEADING BACK ONTO THE TRAIL!



**12**

## **FLIP & FLY**

OUR FINAL TEST WHICH COMBINES SOME SUPERHUMAN CLASSICS WITH SOME NEW OBSTACLES, ALL OF WHICH WILL BE REVEALED TO YOU ON THE DAY!