

THE WORKOUTS - PAIRS



5 WORKOUTS TO COMPLETE THROUGHOUT THE DAY

VO2 MAX

STRENGTH & HONOUR

BRUTAL BEAT DOWN

UNCONVENTIONAL BEAST

THE ASSAULT COURSE

ORDER OF EVENTS

PLEASE NOTE: EACH WORKOUT CONSISTS OF TWO PARTS. ON THE DAY OF THE EVENT, THE PART YOU COMPLETE FIRST (I.E. PART 1 OR 2) IN THE WORKOUT WILL DEPEND ON THE HEAT YOU ARE IN. YOU WILL ONLY FIND OUT YOUR HEAT (AND THEREFORE THE ORDER) CLOSER TO THE EVENT, SO IT'S A GOOD IDEA TO PRACTICE ALL WORKOUTS IN BOTH ORDERS!

HALF LAPS

DETAILS ON HALF LAPS FOR EACH WORKOUT CAN BE FOUND ON THE FINAL PAGE OF THIS PACK.

VO2 MAX

TWO-PART WORKOUT

9 MIN AMLAP -
INDIVIDUAL 200M WEIGHTED HILL SPRINTS

2 MIN CHANGE OVER

9 MIN -
MAX DISTANCE ROW

TOTAL SCORE: COMBINED DISTANCE ACROSS BOTH PARTS OF THE WORKOUT

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VO2 MAX WORKOUT DETAILS

9 MIN AMLAP OF - INDIVIDUAL 200M WEIGHTED HILL SPRINTS - ATHLETES WILL EACH HAVE A WEIGHTED BACKPACK AND WILL HAVE 9 MINUTES TO TRY AND ACCUMULATE AS MANY 200M WEIGHTED HILL SPRINTS AS POSSIBLE. **ONLY ONE ATHLETE IN THE PAIR CAN BE WORKING AT ONCE.**

2 MINUTE CHANGE OVER - ATHLETES WILL HAVE TWO MINUTES BEFORE THE SECOND PART OF THE WORKOUT WILL BEGIN.

9 MIN MAX DISTANCE ROW - ATHLETES WILL HAVE A CONCEPT 2 ROWER AND IN PAIRS, MUST COMPLETE MAX DISTANCE ON THE ROWER IN 9MINS.

MOVEMENT STANDARDS

- BACKPACK WEIGHT: 20KG MALES, 12KG FEMALES.
- ONLY ONE ATHLETE CAN PERFORM THE HILL SPRINT AT ANY ONE TIME. HOWEVER, THE HILL SPRINTS 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 THEY ARE THE ONLY TEAM MEMBER WORKING AT THAT TIME. THE ATHLETES WILL DECIDE THEIR OWN STRATEGY.
- ALL ROWERS WILL BE SET TO ZERO RESISTANCE AND YOU WILL DECIDE YOUR OWN STRATEGY AS TO RESISTANCE LEVELS.
- FOR BOTH 9 MINUTES, ATHLETES WILL CHOOSE THEIR OWN STRATEGY AS TO HOW TO APPROACH THE WORKOUT.
- PLEASE SEE FINAL PAGE OF THE PACK FOR INFORMATION ON HALF LAPS.

STRENGTH & HONOUR

TWO-PART WORKOUT;

9 MIN AMLAP -

- 15M TYRE PULL IN PAIRS
- 15M TYRE DRAG IN PAIRS
- 100M RUNNING LAP

2 MIN CHANGE OVER

9 MIN AMLAP -

- 10M TYRE FLIP UP
- 10M TYRE FLIP BACK
- 100M RUNNING LAP

**TOTAL SCORE: COMBINED NUMBER OF LAPS ACROSS
BOTH PARTS OF THE WORKOUT**

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STRENGTH & HONOUR WORKOUT DETAILS

9MIN AMLAP OF - TYRE PULL / TYRE DRAG / RUNNING LAP - IN PAIRS, THE ATHLETES WILL COMPLETE A 15M TYRE PULL TOGETHER. ONCE THE TYRE HAS CROSSED THE LINE, THE ATHLETES MUST THEN, IN PAIRS, DRAG THE TYRE BACK TO THE START LINE. ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP. ONCE COMPLETED, ATHLETES CAN BEGIN THE TYRE PULL AGAIN & CONTINUE THIS STRUCTURE UNTIL 9MINS HAVE PASSED.

2 MINUTE CHANGE OVER - ATHLETES WILL HAVE TWO MINUTES BEFORE THE SECOND PART OF THE WORKOUT WILL BEGIN.

9MIN AMLAP OF - TYRE FLIP UP / TYRE FLIP BACK / RUNNING LAP - THE TYRE MUST BE FLIPPED 10M UNTIL THE TYRE HAS CROSSED THE LINE, THE TYRE MUST THEN BE FLIPPED BACK 10M UNTIL THE TYRE HAS CROSSED THE ORIGINAL STARTING LINE. ONCE COMPLETED, ONE PARTNER MUST THEN COMPLETE THE 100M RUNNING LAP. UPON RETURNING FROM THE RUNNING LAP, ATHLETES CAN BEGIN THE TYRE FLIPS AGAIN & CONTINUE THIS STRUCTURE UNTIL 9MINS HAVE PASSED.

TYRE PULL AND DRAG MOVEMENT STANDARDS

- MALE TYRE PULL/DRAG WEIGHT - 85KG
- FEMALE TYRE PULL/DRAG WEIGHT - 55KG
- ATHLETES MUST PERFORM THE TYRE PULL/DRAG IN PAIRS.
- ATHLETES ARE **NOT** PERMITTED TO CARRY THE TYRE AT ANY POINT, EITHER FOR THE PULL OR THE DRAG.
- FOR BOTH THE TYRE PULL AND DRAG, THE ENTIRE TYRE MUST FULLY CROSS THE LINES (START LINE + 15M LINE). PARTIAL CROSSING IS NOT PERMITTED.
- ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP IN ORDER FOR THE LAP TO BE REGISTERED. HALF LAPS **WILL** COUNT AT THE END OF THE WORKOUT (PLEASE SEE FINAL PAGE OF PACK)

TYRE FLIP MOVEMENT STANDARDS

- FEMALE PAIRS - TEAM MATES ARE PERMITTED TO FLIP THE TYRE TOGETHER AS A TEAM (BUT ARE NOT OBLIGED TO)
- MALE PAIRS - TEAM MATES ARE **NOT** PERMITTED TO FLIP THE TYRE TOGETHER. HOWEVER THE WORKOUT DOES NOT HAVE TO BE COMPLETED AS A 'YOU GO, I GO' ATHLETES WILL CHOOSE THEIR OWN TEAM STRATEGY.
- PARTIAL TYRE CROSSING THE LINE IS ACCEPTED WHEN COMPLETING YOUR LAPS (I.E. THE WHOLE TYRE DOES NOT NEED TO CROSS THE LINE)
- ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP IN ORDER FOR THE LAP TO BE REGISTERED. HALF LAPS **WILL** COUNT AT THE END OF THE WORKOUT (PLEASE SEE FINAL PAGE OF PACK).
- TYRE WEIGHT - APPROX 170K

BRUTAL BEAT DOWN

TWO-PART WORKOUT

9 MIN AMLAP -

- 8 SYNCHRONISED BURPEES OVER LINE

- 8 METRE SYNCHRONISED BEAR CRAWL (FORWARD+BACKWARD)

- 100M PAIRED RUNNING LAP

2 MIN CHANGE OVER

9 MIN AMLAP -

- 8 SYNCHRONISED BURPEES OVER LINE

- 8 METRE SYNCHRONISED CRAB CRAWL (FORWARD+BACKWARD)

- 100M PAIRED RUNNING LAP

**TOTAL SCORE: COMBINED NUMBER OF LAPS ACROSS BOTH PARTS OF THE
WORKOUT**

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BRUTAL BEAT DOWN WORKOUT DETAILS

9 MIN AMLAP OF - SYNCHRONISED BURPEES / SYNCHRONISED BEAR CRAWL / PAIRED RUNNING LAP - BOTH ATHLETES WILL COMPLETE 8 SYNCHRONISED BURPEES OVER A LINE (SEE MOVEMENT STANDARD BELOW). BOTH ATHLETES WILL THEN COMPLETE AN 8M SYNCHRONISED BEAR CRAWL FORWARD FOLLOWED BY AN 8M SYNCHRONISED BEAR CRAWL IN REVERSE. ONCE COMPLETED, BOTH ATHLETES MUST COMPLETE THE 100M RUNNING LAP TOGETHER. UPON RETURNING FROM THE RUN, ATHLETES CAN BEGIN THE BURPEES AGAIN AND CONTINUE THIS PROCESS FOR 9MINS.

2 MINUTE CHANGE OVER - ATHLETES WILL HAVE TWO MINUTES BEFORE THE SECOND PART OF THE WORKOUT WILL BEGIN.

9 MIN AMLAP OF - SYNCHRONISED BURPEES / SYNCHRONISED CRAB CRAWL / PAIRED RUNNING LAP - BOTH ATHLETES WILL COMPLETE 8 SYNCHRONISED BURPEES OVER A LINE (SEE MOVEMENT STANDARD BELOW), BOTH ATHLETES WILL THEN COMPLETE AN 8M SYNCHRONISED CRAB CRAWL FORWARD FOLLOWED BY AN 8M SYNCHRONISED CRAB CRAWL IN REVERSE. ONCE COMPLETED, BOTH ATHLETES MUST COMPLETE THE 100M RUNNING LAP TOGETHER. UPON RETURNING FROM THE RUN, ATHLETES MAY BEGIN THE BURPEES AGAIN AND CONTINUE THIS PROCESS FOR 9MINS,

MOVEMENT STANDARDS

- BURPEE MOVEMENT STANDARD - ATHLETES MUST PERFORM A CHEST TO FLOOR BURPEE AND THEN JUMP FORWARD OVER THE LINE MARKED (0.8 METRE). UPON LANDING, THEY MUST TURN AND PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION.
- BURPEES MUST BE SYNCHRONISED - BOTH ATHLETE'S CHESTS MUST BE ON THE FLOOR AT THE SAME TIME ON EACH REP.
- BEAR CRAWL MOVEMENT STANDARD - ATHLETES MUST SUPPORT THEIR OWN BODYWEIGHT ON THEIR HANDS AND FEET. ANY ATTEMPT TO EITHER WALK OR SLIDE WILL RESULT IN A 1 LAP DEDUCTION.
- BEAR CRAWLS MUST BE SYNCHRONISED - MEANING BOTH HANDS OF BOTH ATHLETES MUST BE TOUCHING THE 8M LINE BEFORE RETURNING BACKWARDS. WHEN RETURNING BACKWARDS, BOTH FEET OF BOTH ATHLETES MUST BE TOUCHING THE START LINE TO COMPLETE THE LENGTH.
- CRAB CRAWL MOVEMENT STANDARD - ATHLETES MUST SUPPORT THEIR OWN BODYWEIGHT ON THEIR HANDS AND FEET. ANY ATTEMPT TO SLIDE WILL RESULT IN A 1 LAP POINT DEDUCTION.
- CRAB CRAWLS MUST BE SYNCHRONISED - MEANING BOTH FEET OF BOTH ATHLETES MUST BE TOUCHING THE 8M LINE BEFORE RETURNING BACKWARDS. WHEN RETURNING BACKWARDS, BOTH HANDS OF BOTH ATHLETES MUST BE TOUCHING THE START LINE TO COMPLETE THE LENGTH.
- ATHLETES MUST COMPLETE THE 100M RUNNING LAP TOGETHER IN ORDER FOR THE LAP TO BE REGISTERED.
- HALF LAPS WILL NOT BE AWARDED IN THIS WORKOUT.

UNCONVENTIONAL BEAST

TWO-PART WORKOUT;

9 MIN AMLAP -

- 15M KEG CARRY EACH
- 15M LOG CARRY EACH
- 100M RUNNING LAP

2 MIN CHANGE OVER

9 MIN AMLAP -

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

**TOTAL SCORE: COMBINED NUMBER OF LAPS ACROSS BOTH PARTS OF THE
WORKOUT**

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UNCONVENTIONAL BEAST WORKOUT DETAILS

9 MIN AMLAP OF - KEG CARRY EACH / LOG CARRY EACH / RUNNING LAP - ATHLETE 1 MUST CARRY BOTH OBJECTS UP 15M (IN ANY ORDER THEY CHOOSE). ONCE HAVING PLACED THEM OVER THE LINE, THEY MUST RETURN AND TAG ATHLETE 2 IN WHO MUST THEN CARRY BOTH OBJECTS BACK 15M (IN ANY ORDER THEY CHOOSE). ONCE HAVING PLACED THEM OVER THE START LINE, ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP. ONCE COMPLETED, ATHLETES CAN BEGIN THE CARRIES AGAIN & CONTINUE THIS PROCESS UNTIL 9MINS ARE DONE.

2 MINUTE CHANGE OVER - ATHLETES WILL HAVE TWO MINUTES BEFORE THE SECOND PART OF THE WORKOUT WILL BEGIN.

9 MIN AMLAP OF - FARMER'S CARRY EACH / SANDBAG CARRY EACH / RUNNING LAP - ATHLETE 1 MUST CARRY ALL OBJECTS UP 15M (IN ANY ORDER THEY CHOOSE), ONCE HAVING PLACED THEM OVER THE LINE. THEY MUST RETURN AND TAG ATHLETE 2 IN WHO MUST CARRY ALL OBJECTS BACK 15M (IN ANY ORDER THEY CHOOSE). ONCE HAVING PLACED THEM OVER THE START LINE, ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP. ONCE COMPLETED, ATHLETES CAN BEGIN THE CARRIES AGAIN & CONTINUE THIS PROCESS UNTIL 9MINS ARE DONE.

MOVEMENT STANDARDS AND WEIGHTS

- ATHLETES CAN CHOOSE TO CARRY THE OBJECTS IN ANY WAY THAT THEY WISH AND IN ANY ORDER THAT THEY WISH. THE ONLY RULE REGARDING MOVEMENT STANDARDS IS THAT THEY NEED TO GET OBJECTS FROM POINT A TO POINT B BY CARRYING THEM. NO DRAGGING IS PERMITTED.
- 1 ATHLETE MUST CARRY THE OBJECTS ONE WAY, THE OTHER ATHLETE MUST CARRY THEM BACK.
- KEG WEIGHT - MEN= 55KG / WOMEN= 35KG
- LOG WEIGHT - MEN=55KG / WOMEN= 35KG
- SANDBAG WEIGHT - MEN=70K / WOMEN=40K
- FARMER'S CARRY WEIGHT - MEN=40K EACH HAND / WOMEN=25K EACH HAND
- ONE ATHLETE MUST COMPLETE THE 100M RUNNING LAP IN ORDER FOR THE LAP TO BE REGISTERED. HALF LAPS WILL COUNT AT THE END OF THE WORKOUT (PLEASE SEE FINAL PAGE OF PACK).

ASSAULT COURSE

ONE PART WORKOUT:

20MIN AMLAP:

TRY AND COMPLETE AS MANY INDIVIDUAL LAPS OF THE 600M ASSAULT COURSE AS POSSIBLE WITHIN THE ALLOTTED TIME.*

*ONLY ONE ATHLETE CAN WORK AT ONCE.

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

ASSAULT COURSE WORKOUT DETAILS

20MIN AMLAP OF 600M ASSAULT COURSE: ON GO, ATHLETE 1 WILL SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE WHILST ATHLETE 2 WAITS AT THE FINISH LINE. AS SOON AS ATHLETE 1 COMPLETES THE ASSAULT COURSE, THEY CAN TAG ATHLETE 2 IN WHO CAN THEN SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE. PAIRS CAN CONTINUE THIS PROCESS FOR THE FULL 20 MINUTES, TRYING TO ACCUMULATE AS MANY INDIVIDUAL LAPS AS POSSIBLE.

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).
- QUARTER LAPS WILL BE AWARDED ON THIS WORKOUT (PLEASE SEE FINAL PAGE OF PACK).

HALF LAPS - PAIRS

VO2 MAX

9MIN AMLAP - MAX ROW - NOT APPLICABLE. JUST KEEP ROWING UNTIL THE END!

9MIN AMLAP - MAX WEIGHTED HILL SPRINTS - A HALF LAP WILL BE AWARDED IF AN ATHLETE MANAGES TO GET AROUND THE MARKER AT THE TOP OF THE HILL (BUT IS NOT ABLE TO MAKE IT BACK TO THE FINISHING LINE BEFORE THE TIME IS UP AND THEREFORE ACHIEVE A FULL LAP).

STRENGTH & HONOUR

9MIN AMLAP - ROPE PULLS - A HALF LAP WILL BE AWARDED IF THE ATHLETES MANAGE TO PULL THEIR TYRE TO THE 15M LINE AS WELL AS COMPLETE THE 100M RUNNING LAP. (I.E. AND DO NOT COMPLETE THE DRAG)

9MIN AMLAP - TYRE FLIPS - A HALF LAP WILL BE AWARDED IF THE ATHLETES MANAGE TO FLIP THE TYRE UP TO THE 10M LINE AND COMPLETE THE 100M RUNNING LAP.

UNCONVENTIONAL BEAST

9MIN AMLAP - KEG CARRY & LOG CARRY - A HALF LAP WILL BE AWARDED IF ONE ATHLETE MANAGES TO COMPLETE THEIR 15M CARRIES AS WELL AS THE 100M RUNNING LAP. I.E., IF PARTNER 1 COMPLETES BOTH THE LOG CARRY AND KEG CARRY AND THE 100M LAP BEFORE THE TIME IS UP.

9MIN AMLAP - SANDBAG CARRY & FARMER'S CARRY - A HALF LAP WILL BE AWARDED IF ONE ATHLETE MANAGES TO COMPLETE THEIR 15M CARRIES AS WELL AS THE 100M RUNNING LAP. I.E., IF PARTNER 1 COMPLETES BOTH THE SANDBAG CARRY AND FARMER'S CARRY AS WELL AS THE 100M LAP BEFORE THE TIME IS UP.

BRUTAL BEAT DOWN

NO HALF LAPS WILL BE AWARDED IN THIS WORKOUT.

ASSAULT COURSE

QUARTER LAPS WILL BE AWARDED ON THE ASSAULT COURSE - THERE WILL BE 4 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.