

THE WORKOUTS

MIXED TEAM OF 4



SATURDAY 29TH JUNE 2024
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 FINAL PAGE OF THIS WORKOUT PACK.

VO2 MAX

IN 20MINS COMPLETE THE FOLLOWING:

600M TEAM SANDBAG & RUCK RUN

Directly into...

1.2KM TEAM RUCK RUN

& in remaining time...

**MAX INDIVIDUAL 200M SANDBAG HILL
SPRINTS***

***ONLY 2 ATHLETES CAN WORK AT ONCE**

**SCORE: TOTAL DISTANCE ACHIEVED FROM COMPLETED 200M HILL
SPRINTS.**

WATCH ME HERE

VO2 MAX WORKOUT DETAILS

BEFORE THE WORKOUT STARTS

EACH ATHLETE IN THE TEAM WILL BE WEARING A BACKPACK AND HOLDING A SANDBAG (THERE IS NO SET WAY TO CARRY THE SANDBAG BUT WE RECOMMEND RESTING IT ON TOP OF THE BACKPACK ON YOUR SHOULDERS).

TEAMS WILL ALSO BE HOLDING A ROPE AND MUST CARRY THIS AT ALL TIMES DURING THE TEAM RUNS.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL FIRST SET OFF ON THE 600M RUCK & SANDBAG RUN. 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 A 600M LAP. **TEAMS MUST COMPLETE ONE LAP OF THE 600M ROUTE WITH THE BACKPACKS & SANDBAGS.**

ONCE TEAMS HAVE COMPLETED THE 600M RUCK & SANDBAG RUN, THEY WILL ALL LEAVE THEIR SANDBAGS IN THEIR STARTING PEN AND WILL NOW COMPLETE A 1.2KM PAIRED RUN WITH JUST THE BACKPACKS. SAME RULES APPLY AS THE FIRST 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). **TEAMS MUST COMPLETE TWO LAPS OF THE 600M ROUTE WITH THE BACKPACKS.**

ONCE TEAMS HAVE COMPLETED THE 1.2KM RUCK RUN, THEY WILL REMOVE THEIR BACKPACKS & MOVE TO THE SANDBAG HILL SPRINTS. IN THE REMAINING TIME THEY HAVE LEFT OF THE 20MINUTES, THE TEAM MUST TRY TO ACCUMULATE AS MANY INDIVIDUAL HILL SPRINTS IN THE REMAINING TIME. ONLY TWO MEMBERS OF THE TEAM CAN PERFORM A HILL SPRINT AT ANY ONE TIME AND THOSE MEMBERS MUST CARRY **THEIR SANDBAG** WHEN DOING SO. THE TEAM MEMBERS PERFORMING THE HILL SPRINTS MUST RETURN TO THE STARTING PEN AND TAG THEIR TEAM MEMBER IN BEFORE THEY CAN BEGIN THE NEXT HILL SPRINT. THE HILL SPRINTS ARE TO BE PERFORM INDIVIDUALLY BUT DO NOT NEED TO BE PERFORMED IN A "YOU GO I GO" STRUCTURE.

YOUR SCORE IS THE TOTAL DISTANCE ACHIEVED FROM COMPLETED 200M HILL SPRINTS.

VO2 MAX WORKOUT DETAILS

MOVEMENT STANDARDS

- BACKPACK WEIGHT: 15KG MEN, 10KG WOMEN.
- SANDBAG WEIGHT: 15KG MEN, 10KG WOMEN.
- TEAMS MUST COMPLETE BOTH THE RUCK & SANDBAG RUN AND RUCK RUN TOGETHER. **TEAMS MUST COMPLETE BOTH RUNS HOLDING THE ROPE PROVIDED.**
- IN THE EVENT OF A TEAM SPLITTING UP ON EITHER OF THE ABOVE RUNS, YOU WILL NOT BE PERMITTED TO START THE NEXT STAGE OF THE WORKOUT UNTIL ALL TEAM MEMBERS HAVE COMPLETED THE CURRENT STAGE YOU ARE ON & YOU MAY BE PENALISED FOR SPLITTING UP.
- ONLY **TWO** TEAM MEMBERS CAN PERFORM THE INDIVIDUAL SANDBAG HILL SPRINTS AT ANY ONE TIME.
- THE TEAM MEMBERS PERFORMING THE HILL SPRINTS DO NOT NEED TO RUN TOGETHER, HILL SPRINTS ARE TO BE PERFORMED INDIVIDUALLY.
- THE HILL SPRINTS ALSO DO NOT NEED TO BE PERFORMED AS "YOU GO I GO". IN OTHER WORDS, TEAM MEMBERS CAN PERFORM MULTIPLE HILL SPRINTS IN A ROW. SO LONG AS THERE ARE ONLY EVER TWO TEAM MEMBERS PERFORMING HILL SPRINTS AND CONSEQUENTLY TWO MEMBERS ARE ALWAYS IN THE WAITING PEN.
- ATHLETES ARE RESPONSIBLE FOR LETTING THE JUDGES KNOW EACH TIME THEY COMPLETE A HILL SPRINT. 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 HILL SPRINT LAPS NOT BEING COUNTED.
- PLEASE NOTE: IF A TEAM MEMBER IS COMPLETING MULTIPLE HILL SPRINTS IN A ROW, ANOTHER TEAMMATE IS RESPONSIBLE FOR NOTIFYING THE LAP JUDGE EACH TIME A LAP HAS BEEN COMPLETED.
- PLEASE ENSURE EACH MEMBER OF THE TEAM USES THEIR SPECIFIC SANDBAG WITH THE CORRECT WEIGHT, THIS WILL BE CLEARLY MARKED ON THE DAY.

LAP STANDARDS

HALF LAPS: A HALF LAP CAN BE ACHIEVED BY A TEAM MEMBER COMPLETING HALF OF THE 200M HILL SPRINT.

IN ORDER TO DO SO, SAY FOR EXAMPLE THERE ARE 30 SECONDS LEFT OF THE WORKOUT AND THE TEAM FEELS THEY CANNOT ACHIEVE A FULL 200M HILL SPRINT. SO LONG AS A TEAM MEMBER REACHES THE DESIGNATED LINE AT THE TOP OF THE HILL BEFORE THE TIME IS UP, THEY WILL BE AWARDED A HALF LAP. THE SAME WILL ALSO BE AWARDED FOR AN ATHLETE THAT HAS REACHED THE TOP OF THE HILL SPRINT AND IS RETURNING BACK TO THE START POINT (TRYING TO COMPLETE THE FULL 200M HILL SPRINT), BUT DOESN'T MAKE IT BACK BEFORE THE END OF THE WORKOUT.

IF TWO TEAM MEMBERS BOTH REACH THE HALF WAY POINT BEFORE THE WORKOUT ENDS, THE TEAM WILL RECEIVE TWO HALF LAPS.

IN ORDER TO ENSURE A HALF LAP IS AWARDED, THE ATHLETE COMPLETING THE HILL SPRINT MUST GO STRAIGHT TO THE HALF LAP JUDGE STATIONED AT THE TOP OF THE HILL AS SOON AS THE WORKOUT IS COMPLETED.

IF YOUR TEAM DOES NOT COMPLETE THE 600M SANDBAG & RUCK RUN AS WELL AS THE 1.2K RUCK RUN AND THEREFORE DOES NOT GET THE CHANCE TO COMPLETE ANY SANDBAG HILL SPRINTS BEFORE THE 20 MINUTES IS UP, YOUR SCORE ON THE WORKOUT WILL BE ZERO.

VO2 MAX WORKOUT DETAILS

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) SCORESHEET 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:

- 10 SANDBAG OVER SHOULDER
BY EACH SAME SEX PAIR

- 20M SANDBAG CARRY
BY EACH SAME SEX PAIR

- 20M TYRE FLIPS
IN MIXED PAIRS

Then...

- 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

ALL 4 TEAM MEMBERS WILL BE STANDING ON THE START LINE WITH THEIR SANDBAGS ON THE GROUND.

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL PERFORM THE SANDBAG PORTION OF THE WORKOUT IN SAME SEX PAIRS. SO EACH PAIR WILL PERFORM 10 SANDBAG OVER SHOULDER WITH THEIR SANDBAG. THERE IS NOT SET STRUCTURE AS TO HOW THE REPS ARE COMPLETED BY EACH PAIR, IN OTHER WORDS, THE 10 REPS CAN BE SPLIT BETWEEN EACH MEMBER OF THE PAIR AS THEY WOULD LIKE.

ONCE THE 10 SANDBAG OVER SHOULDER HAVE BEEN COMPLETED BY EACH PAIR, EACH SANDBAG MUST THEN BE CARRIED INDIVIDUALLY TO THE DESIGNATED 20 METRE LINE. AGAIN, THERE IS NO SET STRUCTURE ON HOW PAIRS MUST CARRY THE SANDBAG, THE 20 METRES CAN BE SPLIT BETWEEN TEAM MEMBERS IN EACH PAIR OR PERFORMED ENTIRELY BY ONE MEMBER. THE ONLY RULE IS THAT THE SANDBAGS MUST BE CARRIED INDIVIDUALLY.

ONCE BOTH THE MEN'S SANDBAG AND WOMEN'S SANDBAG HAVE BEEN PLACED OVER THE 20M LINE. ATHLETES WILL THEN MOVE TO THE TRACTOR TYRE PLACED AT THE 20M LINE AND WILL PROCEED TO FLIP THE TYRE BACK 20M TO THE START LINE UNTIL THE TYRE HAS CROSSED THE DESIGNATED LINE. TEAMS MUST FLIP THE TYRE IN MIXED PAIRS.

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

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

PLEASE NOTE: EACH ROUND WILL ALWAYS BEGIN WITH THE SANDBAG OVER SHOULDER, FOLLOWED BY THE SANDBAG CARRIES AND THEN THE TYRE FLIPS REGARDLESS OF THE POSITION OF THE IMPLEMENTS ON THE FIELD.

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

SANDBAG OVER SHOULDER & CARRY MOVEMENT STANDARDS

- MALE SANDBAG WEIGHT - 55KG | FEMALE SANDBAG WEIGHT - 35KG
- FOR THE SANDBAG OVER SHOULDER, TEAMS WILL SPLIT INTO SAME SEX PAIRS AND EACH PAIR WILL PERFORM 10 SANDBAG OVER SHOULDER WITH THEIR ALLOCATED SANDBAG.
- 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.
- ONCE EACH PAIR HAVE COMPLETED THEIR 10 SANDBAG OVER SHOULDER, BOTH PAIRS MUST NOW COMPLETE A 20M SANDBAG CARRY. WITHIN EACH PAIR, ONE TEAM MEMBER DOES NOT NEED TO CARRY THEIR SANDBAG THE ENTIRE 20M, THEY CAN REST AT ANY POINT OR SPLIT THE CARRY BETWEEN THEIR PARTNER. IF PAIRS WISH TO SPLIT THE CARRY, ATHLETES ARE NOT ALLOWED TO PASS THE SANDBAG TO ONE ANOTHER, THE SANDBAG MUST BE PLACED ON THE GROUND AND THEN BE PICKED UP BY THE OTHER TEAM MATE BEFORE PROCEEDING.
- THE SANDBAG MUST BE PLACED OVER THE 20M LINE IN ORDER FOR THE CARRY TO BE COMPLETED. DRAGGING OF THE BAG OR ROLLING IT ON THE GROUND DURING THE CARRY IS **NOT ALLOWED.**
- ATHLETES ARE **NOT ALLOWED** TO PHYSICALLY ASSIST THEIR TEAM MATES WITH THEIR SANDBAG OVER SHOULDER OR SANDBAG CARRY IN ANY WAY.

TYRE FLIP MOVEMENT STANDARDS

- TYRES MUST BE FLIPPED IN MIXED SEX PAIRS (I.E. 1 MAN AND 1 WOMAN). THE WORKOUT DOES NOT HAVE TO BE COMPLETED AS 'A YOU GO I GO' BETWEEN PAIRS, AND THE SPECIFIC COMBINATION OF MIXED PAIRS DOES NOT NEED TO STAY THE SAME THROUGHOUT...ATHLETES WILL CHOOSE THEIR OWN STRATEGY.
- TYRE WEIGHT - APPROX 170K

STRENGTH & HONOUR WORKOUT DETAILS

LAP STANDARDS

A FULL LAP IS ONLY COMPLETED ONCE EACH SAME SEX PAIR IN THE TEAM HAS COMPLETED THEIR 10 SANDBAG OVER SHOULDER, THEIR 20M SANDBAG CARRY, THE TRACTOR HAS BEEN FLIPPED 20 METRES IN MIXED PAIRS AND THEN ANY TWO TEAM MEMBERS HAVE COMPLETED THE 100M RUNNING LAP. IF THE TEAM SIMPLY COMPLETES BOTH SANDBAG OVER SHOULDER, THE SANDBAG CARRIES 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 EACH PAIR WITHIN THE TEAM COMPLETING THEIR 10 SANDBAG OVER SHOULDER & 20M SANDBAG CARRY FOLLOWED BY ANY TWO TEAM MATES COMPLETING THE 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, PAIRS MUST COMPLETE THE REQUISITE WORK 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 HEAD JUDGE WILL THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) SCORESHEET 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:

- 10 SYNCHRONISED BURPEE OVER LINE
- 15M BEAR CRAWL TYRE PULL (IN MIXED PAIRS)
- 10 SYNCHRONISED KEG GROUND 2 OVERHEAD
- 15M ROPE TYRE PULL (IN MIXED PAIRS)

Then...

- 100M PAIRED RUNNING LAP

SCORE: TOTAL NUMBER OF LAPS YOU ACHIEVE IN 20
MINUTES

WATCH ME HERE

BRUTAL BEAT DOWN WORKOUT DETAILS

FOLLOWING THE SOUND OF 3,2,1 GO!

ATHLETES WILL PERFORM 10 SYNCHRONISED CHEST TO FLOOR BURPEES. FOR EACH REP, ATHLETES WILL PERFORM A BURPEE TO THE FLOOR AND THEN ONCE STOOD UP, ATHLETES WILL JUMP OVER THE LINE IN FRONT OF THEM (0.8 METRE). UPON LANDING, ATHLETES WILL THEN TURN AND PERFORM THE NEXT CHEST TO FLOOR BURPEE FOLLOWED BY A JUMP BACK TO THEIR ORIGINAL STARTING LINE. ATHLETES WILL CONTINUE UNTIL 10 TOTAL REPS HAVE BEEN COMPLETED.

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

ONCE THE 10 BURPEES HAVE BEEN COMPLETED, ATHLETES WILL PROCEED TO THE BEAR CRAWL TYRE PULL WHICH THEY MUST COMPLETE IN MIXED PAIRS (THERE WILL BE TWO TYRES PER TEAM). BEFORE THEY START THE WEIGHTED BEAR CRAWL, BOTH ATHLETES IN EACH PAIR WILL PLACE THE PROVIDED STRAPS AROUND EACH SHOULDER, ATHLETES MUST THEN PLACE BOTH HANDS AND FEET ON THE GROUND IN THE STARTING BEAR CRAWL POSITION BEFORE BEGINNING. BOTH PAIRS WILL THEN PROCEED TO DRAG EACH TYRE ALONG THE FLOOR TO THE DESIGNATED FINISHING LINE.

ONCE COMPLETED, ALL ATHLETES WILL THEN MOVE ONTO THE 10 SYNCHRONISED KEG GROUND 2 OVERHEAD, ENSURING THEY ARE EXTENDING THEIR ARMS FULLY AT THE TOP OF EACH REP AND TOUCHING THE KEG ON THE GROUND BEFORE THE NEXT REP. PLEASE SEE ABOVE NOTE ON SYNCHRONISED MOVEMENT STANDARDS AS SAME RULES WILL APPLY.

ONCE COMPLETED, ATHLETES WILL RETURN BACK TO THEIR ORIGINAL STARTING POINT (WHERE THEY PERFORMED THE BURPEES) AND IN THEIR MIXED PAIRS, PROCEED TO USE THE ROPE TO DRAG THEIR TYRE BACK ACROSS THE DESIGNATED FINISHING LINE. ONCE COMPLETED, ANY TWO ATHLETES WILL PERFORM A 100M RUNNING LAP TOGETHER 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

BURPEE OVER LINE MOVEMENT STANDARD

- ATHLETES MUST PERFORM A CHEST TO FLOOR BURPEE AND THEN JUMP FORWARD OVER THE LINE MARKED (0.8 METRE). THE HANDS OF EACH ATHLETE MUST START ON OR BEHIND THE DESIGNATED START LINE AND ATHLETES MUST TOUCH THEIR CHEST ON THE GROUND ON EACH REP BEFORE STANDING UP. ONCE STOOD UP, THEY MUST JUMP FORWARD OVER THE DESIGNATED LINE. UPON LANDING, THEY MUST TURN AND PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION. ATHLETES' FEET MUST FULLY CROSS THE LINE IN ORDER FOR THE REP TO COUNT. IF THIS DOES NOT HAPPEN, THAT REP WILL NOT COUNT AND MUST BE REPEATED.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO MOVE IN TIME WITH YOUR TEAM MATES AS THIS WILL ALLOW YOU TO MOVE MORE QUICKLY, 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 REPS OF BURPEES.
- 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 BURPEES ARE BEING PERFORMED CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

WEIGHTED BEAR CRAWL TYRE PULL

- TYRE WEIGHT: 55KG
- ATHLETES MUST PERFORM A WEIGHTED BEAR CRAWL TYRE PULL IN MIXED PAIRS. EACH TYRE WILL HAVE 2 PURPLE DESIGNATED STRAPS PER PERSON. EACH PERSON WILL PLACE A PURPLE STRAP ON EITHER SHOULDER BEFORE ASSUMING THE BEAR CRAWL STARTING POSITION ON THE GROUND.
- THE BEAR CRAWL STARTING POSITION REFERS TO PLACING EQUAL WEIGHTING ON BOTH HANDS AND FEET IN THE CRAWL POSITION. ATHLETES ARE NOT PERMITTED TO START DRAGGING THE TYRE UNTIL THEY ARE IN THE BEAR CRAWL STARTING POSITION.
- WHEN READY, ATHLETES WILL PROCEED TO PULL THE TYRE TOGETHER ALONG THE GROUND UNTIL THEY REACH THE DESIGNATED FINISHING POINT.
- IF EITHER ATHLETE'S KNEES TOUCH THE GROUND (OR ANY OTHER BODY PART APART FROM HANDS AND FEET) WHEN PERFORMING THE BEAR CRAWL, THE TEAM MUST STOP AND RESET INTO THE BEAR CRAWL POSITION BEFORE CONTINUING. ANY ATTEMPT TO SLIDE OR STAND DURING THE BEAR CRAWL IN ORDER TO ADVANCE THEMSELVES WILL BE PENALISED BY THE JUDGES AND MAY RESULT IN A LAP DEDUCTION.
- THE HANDS OF BOTH ATHLETES MUST FULLY CROSS THE FINISH LINE BEFORE MOVING ONTO THE NEXT MOVEMENT. AND THE HANDS OF BOTH ATHLETES MUST BE DIRECTLY UNDERNEATH THEIR SHOULDERS AT THIS FINISH POINT IN ORDER FOR THE LAP TO BE COMPLETED. **ATHLETES ARE NOT PERMITTED TO STRETCH OUT THEIR ARMS IN FRONT OF THEM IN ORDER TO REACH THE FINISH POINT MORE QUICKLY AND THEREBY REDUCE THE DISTANCE NEEDED TO TRAVEL ON THE BEAR CRAWL. ANY ATTEMPT TO DO SO MAY BE PENALISED AND RESULT IN A LAP DEDUCTION.**

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 HOLD THE KEG VERTICALLY & 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.
- SYNCHRONISATION: WHILST YOU SHOULD MAKE AN EFFORT TO LIFT IN TIME WITH YOUR TEAM MATES AS THIS WILL ALLOW YOU TO MOVE MORE QUICKLY, 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 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 GROUND TO OVERHEADS ARE BEING PERFORMED CORRECTLY IN LINE WITH THE ABOVE MOVEMENT STANDARDS.
- ANY ATTEMPT TO CHEAT MOVEMENT STANDARDS OR CUT REPS MAY RESULT IN LAP DEDUCTIONS.

BRUTAL BEAT DOWN WORKOUT DETAILS

TYRE ROPE PULL

- ATHLETES MUST PERFORM THE TYRE ROPE PULL IN MIXED PAIRS.
- ONCE THE 10 GROUND 2 OVERHEAD HAVE BEEN COMPLETED, ATHLETES WILL RUN BACK TO THE START POINT AND USING THE ROPES PROVIDED, EACH MIXED PAIR WILL DRAG THEIR TYRE BACK ALONG THE GROUND. ATHLETES MUST STAY WITHIN THE DESIGNATED AREA WHEN PERFORMING THE TYRE PULL AND THE ENTIRE TYRE MUST FULLY CROSS THE ORIGINAL STARTING LINE IN ORDER FOR THE TYRE PULL TO BE COMPLETED. ATHLETES ARE ALSO NOT PERMITTED TO DRAG THE TYRE DIRECTLY FROM THE TYRE AT ANY POINT, THEY MUST PULL FROM THE ROPE.
- IT IS THE TEAM'S RESPONSIBILITY TO ENSURE THAT THE ROPE IS LAID OUT READY TO BE PULLED EACH ROUND. THIS CAN BE DONE FOLLOWING THE KEG GROUND 2 OVERHEAD, AS TEAMS ARE RETURNING TO THE STARTING POSITION FOR THE ROPE TYRE PULL.
- ONCE COMPLETED, ANY TWO TEAM MEMBERS CAN PERFORM THE 100M RUNNING LAP TOGETHER.

LAP STANDARDS

- A **FULL LAP** IS ONLY COMPLETE WHEN THE ENTIRE TEAM HAVE COMPLETED THE 10 SYNCHRONISED BURPEE OVER LINE, BOTH PAIRS COMPLETE THE 15M BEAR CRAWL TYRE PULLS, THE TEAM HAS COMPLETED THE 10 SYNCHRONISED KEG GROUND TO OVERHEAD, BOTH PAIRS COMPLETE THE 15M TYRE ROPE PULL **AND** ANY TWO TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER. 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 10 SYNCHRONISED BURPEE OVER LINE, BOTH MIXED PAIRS COMPLETING THE 15M BEAR CRAWL TYRE PULL AND ANY TWO TEAM MEMBERS COMPLETING THE 100M RUNNING.
- SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, TEAMS CAN PERFORM THE FIRST HALF OF A FULL LAP (I.E. THE 10 SYNCHRONISED BURPEES AND THE 15M BEAR CRAWL TYRE PULL BY EACH PAIR), ONCE THIS HAS BEEN COMPLETED, ANY TWO TEAM MATES 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. THE HEAD JUDGE WILL THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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, 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) SCORESHEET 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:

Split into same sex pairs...

One partner completes:

- 15M BLOCK CARRY & 15M LOG ZERCHER CARRY
- 15M WHEELBARROW WALK

Then the other partner completes:

- 15M WHEELBARROW WALK
- 15M BLOCK CARRY & 15M LOG ZERCHER CARRY

Then...

- 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 SPLIT INTO SAME SEX PAIRS AND WILL STAND IN THEIR LANE (WITHOUT HOLDING ANY EQUIPMENT).

FOLLOWING THE SOUND OF 3,2,1 GO!

ONE ATHLETE FROM EACH PAIR MUST CARRY THEIR FARMER'S BLOCKS & THEIR LOG TO 15M AND PLACE THEM OVER THE 15M LINE (IN ANY ORDER THEY CHOOSE).

THEN, THE SAME ATHLETE (WITH THE ASSISTANCE OF THE OTHER PARTNER), MUST COMPLETE A 15M WHEELBARROW WALK TO THE NEXT 30M LINE.

ONCE COMPLETED, THE OTHER ATHLETE MUST NOW COMPLETE THIS ALL IN REVERSE, STARTING WITH THE WHEELBARROW WALK BACK TO THE 15M LINE, FOLLOWED BY CARRYING THEIR FARMER'S BLOCK & LOG BACK TO THE START LINE.

ONCE ALL IMPLEMENTS HAVE BEEN RETURNED TO THE START LINE, ANY TWO TEAM MATES MUST COMPLETE THE 100M RUNNING LAP TOGETHER.

ONCE COMPLETED, THE TEAMS CAN START A NEW ROUND WITH ONE MEMBER OF EACH PAIR, AGAIN STARTING BY CARRYING THEIR IMPLEMENTS TO THE 15M LINE FOLLOWING BY THE 15M WHEELBARROW WALK TO THE 30M LINE ETC, CONTINUING THIS PROCESS FOR 20 MINUTES, TRYING TO ACHIEVE AS MANY LAPS AS POSSIBLE. PLEASE SEE THE NEXT PAGES FOR INFORMATION ON HALF LAPS.

UNCONVENTIONAL BEAST WORKOUT DETAILS

MOVEMENT STANDARDS AND WEIGHTS

- FARMER'S CARRY WEIGHT - MEN=25K EACH HAND / WOMEN=15K EACH HAND
- LOG ZERCHER CARRY WEIGHT - MEN= 50KG / WOMEN= 35KG
- ATHLETES CAN CHOOSE TO CARRY THE IMPLEMENTS IN ANY ORDER THEY CHOOSE, HOWEVER, ATHLETES MUST HAVE CARRIED THEIR FARMER'S BLOCK & LOG TO THE 15M LINE BEFORE BEGINNING THE WHEELBARROW WALK. THE SAME RULE APPLIES ON THE WAY BACK, ATHLETES MUST COMPLETE THE RETURNING 15M WHEELBARROW WALK BEFORE COMPLETING THE SET OF FARMER'S BLOCKS AND LOG CARRIES BACK TO THE START LINE.
- IN ADDITION, IN EACH PAIR, 1 ATHLETE MUST ALWAYS COMPLETE THE TWO CARRIES (LOG AND BLOCK CARRY) TO THE 15M LINE FOLLOWED BY THE WHEELBARROW WALK TO THE 30M LINE WHILST THE OTHER PARTNER MUST COMPLETE ALL 3 EXERCISES BACK TO THE START LINE (I.E. THE WHEELBARROW WALK BACK TO THE 15M LINE FOLLOWED BY THE LOG CARRY & BLOCK CARRY BACK TO THE START LINE).
- 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.
- ATHLETES ARE PERMITTED TO PICK UP THE LOG IN ANY WAY THEY CHOOSE BUT THEY MUST CARRY THE LOG CARRY IN THE FRONT RACK (I.E. IN THE FRONT OF YOUR CHEST AS DISPLAYED IN THE VIDEO), YOU ARE NOT PERMITTED TO CARRY IT IN ANY OTHER WAY.
- 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, RE-GRIP AND THEN COMPLETE THE 15M DISTANCE, THAT IS PERMITTED.
- CHALK, GLUE AND GLOVES ARE PERMITTED, LIFTING STRAPS ARE **NOT**.
- IN EVERY LAP, BOTH ATHLETES IN EACH PAIR MUST PERFORM A 15M WHEELBARROW WALK, ONE ATHLETE **CANNOT** PERFORM BOTH 15M WHEELBARROW WALKS,
- 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. YOU CAN REST WITHIN THE 15M IF NEEDED AND BREAK UP THE WHEELBARROW WALK, 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 DESIGNATED START LINE AS YOU BEGIN THE WHEELBARROW WALKS AND THE 15M IS COMPLETE ONCE YOUR HANDS HAVE CROSSED THE FINISH LINE (I.E. YOUR WHOLE BODY AND/YOUR PARTNER DOES NOT NEED TO CROSS THE LINE). THIS WILL BE CLEARLY MARKED ON THE DAY.

UNCONVENTIONAL BEAST WORKOUT DETAILS

LAP STANDARDS

- **A FULL LAP** IS ONLY COMPLETE WHEN ONE MEMBER IN EACH PAIR HAS COMPLETED THEIR 15M FARMER'S CARRY, LOG ZERCHER CARRY TO THE 15M LINE, FOLLOWED BY THEIR 15M WHEELBARROW WALK TO THE 30M LINE AND THEN THE OTHER TEAM MEMBER IN EACH PAIR HAS COMPLETED THEIR WHEELBARROW WALK FROM THE 30M LINE BACK TO THE 15M LINE FOLLOWED BY THE 15M FARMER'S CARRY & LOG CARRY BACK TO THE START LINE. THEN, ONCE ALL IMPLEMENTS ARE BACK AT THE START LINE, ANY TWO TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER. IF YOU DO NOT COMPLETE THE 100M RUNNING LAP, YOUR LAP WILL NOT COUNT.
- **HALF LAPS:** A HALF LAP CAN BE ACHIEVED BY ONE PARTNER IN EACH PAIR COMPLETING THEIR 2 CARRIES TO THE 15M LINE AS WELL AS THEIR 15M LENGTH OF THE WHEELBARROW WALK FOLLOWED BY ANY TWO TEAM MATES COMPLETING THE 100M RUNNING LAP TOGETHER. SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, ONE ATHLETE IN EACH SAME SEX PAIR CAN CARRY THEIR FARMER'S BLOCKS AND LOG TO THE 15M LINE, FOLLOWED BY THEIR 15M WHEELBARROW WALK TO THE 30M LINE. ONCE COMPLETED, ANY TWO TEAM MATES MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE OTHER TEAM MATES MUST REMAIN AT THE 30M 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).

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

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) SCORESHEET 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 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. FULL DETAILS OF THE OBSTACLES THAT WILL BE INCLUDED IN THE ASSAULT COURSE WILL BE RELEASED CLOSER TO THE EVENT DATE.

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, 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

VERIFYING YOUR SCORE - NEW FOR THIS YEAR!

AT THE END OF THIS WORKOUT, TEAMS MUST GO TO THE HEAD 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) SCORESHEET 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.**

HALF LAPS - MIXED TEAMS OF 4

VO2 MAX

A HALF LAP CAN BE ACHIEVED BY A TEAM MEMBER COMPLETING HALF OF THE 200M HILL SPRINT.

IN ORDER TO DO SO, SAY FOR EXAMPLE THERE ARE 30 SECONDS LEFT OF THE WORKOUT AND THE TEAM FEELS THEY CANNOT ACHIEVE A FULL 200M HILL SPRINT. SO LONG AS A TEAM MEMBER REACHES THE DESIGNATED LINE AT THE TOP OF THE HILL BEFORE THE TIME IS UP, THEY WILL BE AWARDED A HALF LAP. THE SAME WILL ALSO BE AWARDED FOR AN ATHLETE THAT HAS REACHED THE TOP OF THE HILL SPRINT AND IS RETURNING BACK TO THE START POINT, BUT DOESN'T MAKE IT BACK BEFORE THE END OF THE WORKOUT.

IF TWO TEAM MEMBERS BOTH REACH THE HALF WAY POINT BEFORE THE WORKOUT ENDS, THE TEAM WILL RECEIVE TWO HALF LAPS.

STRENGTH & HONOUR

A HALF LAP CAN BE ACHIEVED BY EACH SAME SEX PAIR WITHIN THE TEAM COMPLETING THEIR 10 SANDBAG OVER SHOULDER & 20M SANDBAG CARRY FOLLOWED BY ANY TWO TEAM MATES COMPLETING THE 100M RUNNING LAP TOGETHER

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, PAIRS MUST COMPLETE THEIR 10 SANDBAG OVER SHOULDER AS WELL AS THEIR 20M SANDBAG CARRY, FOLLOWED BY ANY TWO TEAM MEMBERS COMPLETING THE RUNNING LAP TOGETHER. 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 WILL 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 ONE PARTNER IN EACH SAME SEX PAIR COMPLETING THEIR 2 CARRIES TO THE 15M LINE AS WELL AS THEIR 15M LENGTH OF THE WHEELBARROW WALK FOLLOWED BY ANY TWO TEAM MATES COMPLETING THE 100M RUNNING LAP TOGETHER.

SO FOR EXAMPLE, IF YOU HAVE 2 MINUTES LEFT IN THE WORKOUT AND FEEL THAT YOU CANNOT COMPLETE A FULL LAP, ONE ATHLETE IN EACH SAME SEX PAIR CAN CARRY THEIR FARMER'S BLOCKS AND LOG TO THE 15M LINE, FOLLOWED BY THEIR 15M WHEELBARROW WALK TO THE 30M LINE. ONCE COMPLETED, ANY TWO TEAM MATES MUST THEN COMPLETE THE 100M RUNNING LAP WHILST THE TEAM MEMBERS MUST REMAIN AT 30M 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 10 SYNCHRONISED BURPEE OVER LINE, BOTH MIXED PAIRS COMPLETING THE 15M BEAR CRAWL TYRE PULL AND ANY TWO TEAM MEMBERS COMPLETING THE 100M RUNNING.

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 A FULL LAP (I.E. THE 10 SYNCHRONISED BURPEES BY THE TEAM AND THE 15M BEAR CRAWL TYRE PULL BY EACH PAIR), ONCE THIS HAS BEEN COMPLETED, ANY TWO TEAM MATES MUST THEN COMPLETE THE 100M RUNNING LAP TOGETHER. 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 WILL THEN BE ABLE TO VERIFY THIS ONCE THE WORKOUT IS COMPLETED BY WHERE IMPLEMENTS ARE POSITIONED ON THE FIELD.

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.

IF TWO TEAM MEMBERS EACH RECEIVE QUARTER LAPS, THEY WILL BOTH BE ADDED TO THE OVERALL TEAM SCORE.