

# THE WORKOUTS - TEAMS



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 -  
COMBINED MAX DISTANCE ON 2 ROWERS

**TOTAL SCORE: COMBINED DISTANCE ACROSS BOTH  
PARTS OF THE WORKOUT**

**WATCH ME HERE**

# VO2 MAX WORKOUT DETAILS

**9 MIN AMLAP - INDIVIDUAL 200M WEIGHTED HILL SPRINTS** - ALL 4 ATHLETES WILL HAVE THEIR OWN WEIGHTED BACKPACKS AND WILL HAVE 9MINS TO TRY AND ACCUMULATE AS MANY INDIVIDUAL 200M WEIGHTED HILL SPRINT REPEATS AS POSSIBLE. ONLY TWO ATHLETES CAN WORK AT ONCE.

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

**9 MIN COMBINED MAX DISTANCE ROW** - TEAMS WILL HAVE 2 CONCEPT 2 ROWERS AND MUST COMPLETE A COMBINED MAX DISTANCE ROW IN 9MINS.

## MOVEMENT STANDARDS:

- BACKPACK WEIGHT: 20KG MALES, 12KG FEMALES.
- ONLY TWO ATHLETES CAN PERFORM THE HILL SPRINTS 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 ATHLETES CAN PERFORM MULTIPLE LAPS IN A ROW, AS LONG AS THERE IS ONLY EVER TWO MEMBERS WORKING AT ONCE. TEAMS WILL DECIDE THEIR OWN STRATEGY.
- BOTH ROWERS WILL BE SET TO ZERO RESISTANCE AND TEAMS WILL DECIDE THEIR OWN STRATEGY AS TO RESISTANCE LEVELS.
- FOR BOTH 9 MINUTES, TEAMS WILL CHOOSE THEIR OWN STRATEGY AS TO HOW TO APPROACH THE WORKOUT.
- PLEASE SEE FINAL PAGE OF PACK FOR ALL INFORMATION ON HALF LAPS.

# STRENGTH & HONOUR

\*SPLIT INTO MIXED SEX PAIRS

## TWO-PART WORKOUT;

9 MIN AMLAP -

- 15M TYRE PULL BY EACH PAIR
- 15M TYRE DRAG BY EACH PAIR
- 100M PAIRED RUNNING LAP

## 2 MIN CHANGE OVER

9 MIN AMLAP -

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

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

**WATCH ME HERE**

# STRENGTH & HONOUR WORKOUT DETAILS

**9 MIN AMLAP OF - TYRE PULL BY EACH PAIR / TYRE DRAG BY EACH PAIR / RUNNING LAP** - EACH MIXED SEX PAIR WILL HAVE THEIR OWN LANE AND TYRE. IN THESE PAIRS, THEY MUST EACH PERFORM A 15M TYRE PULL. ONCE THE TYRES HAVE CROSSED THE LINE, BOTH PAIRS MUST EACH PERFORM A 15M TYRE DRAG BACK. ONCE BOTH TYRES HAVE CROSSED THE STARTING LINE, ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP **TOGETHER**. ONCE COMPLETED, EACH PAIR CAN BEGIN THE TYRE PULLS AGAIN & CONTINUE THIS PROCESS UNTIL 9MINS ARE UP.

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

**9MIN AMLAP OF - PAIRED TYRE FLIP UP / PAIRED TYRE FLIP BACK / RUNNING LAP** - THE TYRE MUST BE FLIPPED 10M IN MIXED SEX PAIRS UNTIL ONE PART OF THE TYRE HAS CROSSED THE LINE, THE TYRE MUST THEN BE FLIPPED BACK 10M (AGAIN, IN MIXED SEX PAIRS). ONCE THE TYRE HAS CROSSED THE STARTING LINE, ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP **TOGETHER**. UPON RETURNING FROM THE RUNNING LAP, THE TEAM CAN BEGIN THE TYRE FLIPS AGAIN & CONTINUE THIS STRUCTURE UNTIL 9MINS HAVE PASSED.

## TYRE DRAG / TYRE PULL MOVEMENT STANDARDS

- TYRE PULL/DRAG WEIGHT - 70KG
- ATHLETES MUST PERFORM THE TYRE PULL/DRAG IN **MIXED SEX** PAIRS (1 MALE AND 1 FEMALE)
- ATHLETES ARE **NOT** PERMITTED TO CARRY THE TYRE AT ANY POINT, EITHER FOR THE PULL OR THE DRAG
- FOR BOTH THE PULL AND THE DRAG, THE ENTIRE TYRE MUST FULLY CROSS THE LINES (START LINE + 15M LINE). PARTIAL CROSSING IS **NOT** PERMITTED.
- ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP **TOGETHER** IN ORDER FOR THE LAP TO BE REGISTERED. HALF LAPS WILL COUNT AT THE END OF THE WORKOUT (PLEASE SEE FINAL PAGE OF PACK)
- TEAMS MUST WAIT UNTIL BOTH PAIRS HAVE COMPLETED BOTH THE TYRE PULL AND TYRE DRAG BEFORE COMPLETING THE RUNNING LAP.

## TYRE FLIP UP 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 MUST 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)
- ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP **TOGETHER** 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

\*ALL 4 TEAM MEMBERS WORKING TOGETHER

## 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**

**WATCH ME HERE**

# BRUTAL BEAT DOWN WORKOUT DETAILS

## 9 MIN AMLAP OF - SYNCHRONISED BURPEES / SYNCHRONISED BEAR CRAWL / PAIRED RUNNING LAP -

ALL TEAM MEMBERS WILL COMPLETE 8 SYNCHRONISED BURPEES OVER A LINE (SEE MOVEMENT STANDARD BELOW). ALL TEAM MEMBERS WILL THEN COMPLETE AN 8M SYNCHRONISED BEAR CRAWL FORWARD FOLLOWED BY AN 8M SYNCHRONISED BEAR CRAWL IN REVERSE. ONCE COMPLETED, ANY TWO ATHLETES MUST COMPLETE THE 100M RUN LAP TOGETHER. UPON COMPLETING THE RUN, TEAMS MAY BEGIN THE BURPEES AGAIN AND CONTINUE THIS PROCESS FOR 9MINS.

**2 MINUTE CHANGE OVER** - TEAMS 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 - ALL

TEAM MEMBERS WILL COMPLETE 8 SYNCHRONISED BURPEES OVER A LINE (SEE MOVEMENT STANDARD BELOW), ALL TEAM MEMBERS WILL THEN COMPLETE AN 8M SYNCHRONISED CRAB CRAWL FORWARD FOLLOWED BY AN 8M SYNCHRONISED CRAB CRAWL IN REVERSE. ONCE COMPLETED, ANY TWO ATHLETES MUST COMPLETE THE 100M RUN LAP TOGETHER. UPON COMPLETING THE RUN, TEAMS 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 (0.8 METRE) OVER THE MARKED LINE. UPON LANDING, THEY MUST TURN AND PERFORM THE NEXT REP IN THE OPPOSITE DIRECTION.
- BURPEES MUST BE SYNCHRONISED - ALL 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 POINT DEDUCTION.
- BEAR CRAWLS MUST BE SYNCHRONISED - MEANING BOTH HANDS OF ALL ATHLETES MUST BE TOUCHING THE 8M LINE BEFORE RETURNING BACKWARDS. WHEN RETURNING BACKWARDS, BOTH FEET OF ALL 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 ALL ATHLETES MUST BE TOUCHING THE 8M LINE BEFORE RETURNING BACKWARDS AND BOTH HANDS MUST BE TOUCHING THE START LINE WHEN FINISHING. WHEN RETURNING BACKWARDS, BOTH HANDS OF ALL ATHLETES MUST BE TOUCHING THE START LINE TO COMPLETE THE LENGTH.
- ANY TWO TEAM MEMBERS MUST COMPLETE THE RUNNING LAP TOGETHER IN ORDER FOR THE LAP TO BE COUNTED. HALF LAPS WILL NOT BE AWARDED IN THIS WORKOUT.



# UNCONVENTIONAL BEAST

\*SPLIT INTO SAME SEX PAIRS

## TWO-PART WORKOUT;

9 MIN AMLAP -

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

## 2 MIN CHANGE OVER

9 MIN AMLAP -

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

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

**WATCH ME HERE**

# UNCONVENTIONAL BEAST WORKOUT DETAILS

**9 MIN AMLAP OF - KEG CARRY EACH / LOG CARRY EACH / RUNNING LAP** - THERE WILL BE A MALE LANE AND A FEMALE LANE WITH SPECIFIC OBJECTS. MALE 1 AND FEMALE 1 MUST EACH CARRY THEIR OBJECTS UP 15M (IN ANY ORDER THEY CHOOSE), ONCE HAVING PLACED THEM OVER THE LINE. THEY MUST RETURN AND TAG THEIR RESPECTIVE TEAM MATES IN, MALE 2 AND FEMALE 2 MUST EACH CARRY THEIR OBJECTS BACK 15M (IN ANY ORDER THOSE CHOOSE), ONCE HAVING PLACED THEM OVER THE LINE, ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP TOGETHER. ONCE COMPLETED, ATHLETES CAN BEGIN THE CARRIES AGAIN & CONTINUE THIS PROCESS UNTIL 9MINS ARE UP.

**2 MINUTE CHANGE OVER** - TEAM 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** -THERE WILL BE A MALE LANE AND A FEMALE LANE WITH SPECIFIC OBJECTS. MALE 1 AND FEMALE 1 MUST EACH CARRY THEIR OBJECTS UP 15M (IN ANY ORDER THEY CHOOSE). ONCE HAVING PLACED THEM OVER THE LINE, THEY MUST RETURN AND TAG THEIR RESPECTIVE TEAM MATES IN, MALE 2 AND FEMALE 2 MUST EACH CARRY THEIR OBJECTS BACK 15M (IN ANY ORDER THEY CHOOSE), ONCE HAVING PLACED THEM OVER THE LINE, ANY TWO TEAM MEMBERS MUST COMPLETE THE 100M RUNNING LAP TOGETHER. ONCE COMPLETED, ATHLETES CAN BEGIN THE CARRIES AGAIN & CONTINUE THIS PROCESS UNTIL 9MINS ARE UP.

## MOVEMENT STANDARDS:

- 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.
- FOR EACH LANE: 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=70KG / WOMEN=40KG
- FARMERS CARRY WEIGHT - MEN=40KG EACH HAND / WOMEN=25KG EACH HAND
- ANY TWO TEAM MEMBERS MUST COMPLETE THE RUNNING LAP TOGETHER 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 TWO ATHLETES 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, ANY TWO MEMBERS OF THE TEAM WILL SET OFF AND ATTEMPT TO COMPLETE THE 600M ASSAULT COURSE (INDIVIDUALLY) WHILE THE REMAINING TEAM MEMBERS WAIT AT THE FINISH LINE. AS SOON AS AN ATHLETE COMPLETES THE ASSAULT COURSE, THEY CAN TAG ONE OF THE 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.

## 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 ATHLETES CAN PERFORM MULTIPLE LAPS IN A ROW, AS LONG AS THERE IS ONLY EVER TWO MEMBERS WORKING AT ONCE. ALSO, PLEASE NOTE THAT YOU DO NOT NEED TO ALWAYS TAG THE SAME PERSON. TEAMS WILL DECIDE THEIR OWN STRATEGY.
- THE TWO ATHLETES ON THE ASSAULT COURSE DO NOT NEED TO RUN TOGETHER, LAPS WILL BE COUNTED INDIVIDUALLY.
- 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 - TEAMS

## VO2 MAX

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

**9MIN AMRAP - MAX WEIGHTED HILL SPRINTS** - A HALF LAP WILL BE AWARDED IF AN ATHLETE MANAGES TO GET AROUND THE TOP MARKER OR MORE BUT IS NOT ABLE TO MAKE IT BACK TO THE FINISH LINE BEFORE THE TIME IS UP. THIS WILL BE THE SAME FOR EACH ATHLETE, I.E., IF BOTH ATHLETES WORKING AT THE SAME TIME, BOTH REACH THE TOP, THEY WILL BE EACH BE AWARDED A HALF LAP.

## STRENGTH & HONOUR

**9MIN AMRAP - ROPE PULLS** - A HALF LAP WILL BE AWARDED IF BOTH PAIRS MANAGE TO PULL THEIR TYRES TO THE 15M LINE (AND NOT DRAG IT BACK) AND THEN ANY 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER.

**9MIN AMRAP - TYRE FLIPS** - A HALF LAP WILL BE AWARDED IF THE TEAM MANAGES TO FLIP THE TYRE UP TO THE 10M LINE AND THEN ANY 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER.

## UNCONVENTIONAL BEAST

**9MIN AMRAP - KEG CARRY & LOG CARRY** - A HALF LAP WILL BE AWARDED IF ONE ATHLETE IN EACH SAME SEX PAIR MANAGES TO COMPLETE BOTH THEIR 15M CARRIES AND THEN ANY 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER. I.E., IF PARTNER 1 IN EACH PAIR COMPLETES BOTH THEIR LOG CARRY AND KEG CARRY AND THEN 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER, A HALF LAP WILL BE AWARDED.

**9MIN AMRAP - SANDBAG CARRY & FARMER'S CARRY** - A HALF LAP WILL BE AWARDED IF ONE ATHLETE IN EACH SAME SEX PAIR MANAGES TO COMPLETE BOTH THEIR 15M CARRIES AND THEN ANY 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER. I.E., IF PARTNER 1 IN EACH PAIR COMPLETES BOTH THEIR SANDBAG CARRY AND FARMER'S CARRY AND THEN 2 TEAM MEMBERS COMPLETE THE 100M RUNNING LAP TOGETHER, A HALF LAP WILL BE AWARDED.

## 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.