

SAT 21 AUG 2021

ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK



EVENT LOCATION

GREVILLE SMYTH PARK & SPORTS GROUND

ASHTON ROAD

BRISTOL

BS3 2EQ

(DIRECTLY OPPOSITE ASHTON GATE STADIUM)

PARKING LOCATION

ASHTON PARK SCHOOL, BS3 2JL



ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK
ATHLETE PACK

SCHEDULE FOR THE DAY

08.00 – 09.00 JUDGES REGISTRATION & BRIEFING

09.00-09.20 ATHLETE PRE-EVENT TALK & FINAL PREPARATIONS

WORKOUT 1

09.30-09.50 WORKOUT WALK THROUGH (ALL HEATS)

09.50-10.10 HEAT 1

10.10-10.30 WORKOUT AREA TO BE RESET & SCORES ISSUED

10.30-10.50 HEAT 2

10.50-11.10 WORKOUT AREA TO BE RESET & SCORES ISSUED

WORKOUT 2

11.10-11.30 WORKOUT WALK THROUGH (ALL HEATS)

11.30-11.50 HEAT 1

11.50-12.10 WORKOUT AREA TO BE RESET & SCORES ISSUED

12.10-12.30 HEAT 2

12.30-12.50 WORKOUT AREA TO BE RESET & SCORES ISSUED

WORKOUT 3

12.50-13.10 WORKOUT WALK THROUGH (ALL HEATS)

13.10-13.30 HEAT 1

13.30-13.50 WORKOUT AREA TO BE RESET & SCORES ISSUED

13.50-14.10 HEAT 2

14.10-15.00 BREAK!

WORKOUT 4

15.10-15.30 WORKOUT WALK THROUGH (ALL HEATS)

15.30-15.50 HEAT 1

15.50-16.10 WORKOUT AREA TO BE RESET & SCORES ISSUED

16.10-16.30 HEAT 2

16.30-16.50 WORKOUT AREA TO BE RESET & SCORES ISSUED

WORKOUT 5

16.50-17.10 WORKOUT WALK THROUGH (ALL HEATS)

17.10-17.30 HEAT 1

17.30-17.50 WORKOUT AREA TO BE RESET & SCORES ISSUED

17.50-18.10 HEAT 2

18.00-18.30 MUSIC & ENTERTAINMENT WHILE FINAL POINTS/RESULTS CALCULATED

18.30-19.00 AWARDS

19.00-21.30 MUSIC & ENTERTAINMENT



THE WORKOUTS - PAIRS

5 X 20 MINUTES WORKOUT TO COMPLETE THROUGHOUT THE DAY

VO2 MAX

STRENGTH & HONOUR

BRUTAL BEAT DOWN

UNCONVENTIONAL BEAST

SURPRISE ATTACK



VO2 MAX

TWO-PART WORKOUT;

9 MIN - 5X BURPEE OVER PARTNER TO 60M SHUTTLE RUN

2 MIN CHANGE OVER

9 MIN - MAX DISTANCE ROW

WORKOUT DETAILS

9 MIN AMLAP, 5 BURPEE OVER PARTNER / SHUTTLE RUNS - ATHLETE 1 WILL COMPLETE 5XBURPEE OVER PARTNER TO STANDARD (BELOW) AND A 60M SHUTTLE RUN TO STANDARD (BELOW), ONCE COMPLETED ATHLETE 2 WILL REPEAT PROCESS..... YOUR TEAM WILL BE AWARDED 1 LAP ONCE BOTH ATHLETES HAVE COMPLETED THEIR SET.

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

9 MIN MAX DISTANCE ROW - YOUR TEAM WILL HAVE ONE CONCEPT 2 ROWER, AS A TEAM YOU WILL COMPLETE YOUR MAX DISTANCE ROW WITH A 9 MINUTE TIME CAP.

BURPEE JUMP OVERS / SHUTTLE RUNS - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=AMUUZRMUIVY](https://www.youtube.com/watch?v=AMUUZRMUIVY)

- BURPEES (CHEST TO FLOOR) - EACH ATHLETE'S CHEST MUST TOUCH THE FLOOR 5 TIMES DURING THE SET
- SHUTTLE RUNS - ATHLETES MUST RUN 'AROUND' THE CONES WHEN COMPLETING THEIR SHUTTLE RUNS
- HALF LAPS WILL COUNT AT THE END OF THE WORKOUT! (I.E. IF ONE ATHLETE HAS COMPLETED HIS/HER SET YOU WILL BE AWARDED A 'HALF LAP')

MAX DISTANCE ROW

- ALL ROWERS WILL BE SET TO ZERO RESISTANCE AND YOU WILL DECIDE YOUR OWN TEAM STRATEGY AS TO RESISTANCE LEVELS AND CHANGE OVERS.

NOTE: ATHLETES WILL NOT BE TOLD WHICH PART OF THE WORKOUT THEY WILL START WITH (I.E. BURPEES/SHUTTLES OR ROW) UNTIL THE WEEK OF THE EVENT



STRENGTH & HONOUR

TWO-PART WORKOUT;

9 MIN - 5X ATLAS BALL OVER SHOULDER / 75M RUN

2 MIN CHANGE OVER

9 MIN - MAX DISTANCE TYRE FLIPS

WORKOUT DETAILS

9 MIN AMLAP, 5X ATLAS BALL OVER SHOULDER / 75M RUN - ATHLETE 1 WILL COMPLETE 5X ATLAS BALL OVER SHOULDER TO STANDARD (BELOW), ATHLETE 2 WILL THEN COMPLETE 5X ATLAS BALL OVER SHOULDER.... ONCE COMPLETED ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 75M RUN IN ORDER TO REGISTER THE LAP

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

9 MIN MAX DISTANCE TYRE FLIPS - AS A TEAM YOU WILL COMPLETE AS MANY LAPS AS POSSIBLE OF A 15M TRACK

ATLAS BALL OVER SHOULDER / 75M RUN - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QZOUV86EJTE](https://www.youtube.com/watch?v=QZOUV86EJTE)

- MEN ATLAS BALL WEIGHT = 55K
- WOMEN ATLAS BALL WEIGHT = 35K
- ATHLETES MUST NOT TOUCH THE ATLAS BALL AT ANY POINT WHEN THEIR TEAMMATE IS PERFORMING HIS/HER REPS
- ATHLETE 1 PERFORMS 5XREPS, ATHLETE 2 PERFORMS 5XREPS AND THEN ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 75M RUN AT THE END OF EACH FULL SET IN ORDER TO REGISTER THE LAP ATHLETE 1 MUST NOT BEGIN THE NEXT SET UNTIL ATHLETE 2 HAS TAGGED THEM BACK IN.
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT

9 MIN MAX DISTANCE TYRE FLIPS

- WOMEN PAIRS - TEAM MATES ARE PERMITTED TO FLIP YOUR TYRE TOGETHER AS A TEAM (BUT ARE NOT OBLIGED TO)
- MEN PAIRS - TEAM MATES ARE NOT PERMITTED TO FLIP YOUR TYRE TOGETHER. HOWEVER THE WORKOUT DOES NOT HAVE TO BE COMPLETED AS AN 'I GO, YOU' ATHLETES WILL CHOOSE THEIR OWN TEAM STRATEGY. [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Q40VU1SLCVG](https://www.youtube.com/watch?v=Q40VU1SLCVG)
- PARTIAL TYRE CROSSING THE LINE IS ACCEPTED WHEN COMPLETING YOUR LAPS (I.E. THE WHOLE TYRE DOES NOT NEED TO CROSS THE LINE)
- HALF LAPS WILL COUNT AT THE END OF THE WORKOUT
- TYRE WEIGHT - APPROX 170K



BRUTAL BEAT DOWN

AS MANY LAPS AS POSSIBLE OF;

5 X SYNCHRONISED KEG GTOH

3M SYNCHRONISED BEAR CRAWL (FORWARD & BACKWARDS)

5 X SYNCHRONISED KEG GTOH

6M SYNCHRONISED BEAR CRAWL (FORWARD & BACKWARDS)

5 X SYNCHRONISED KEG GTOH

9M SYNCHRONISED BEAR CRAWL (FORWARD & BACKWARDS)

75M RUN - TO COMPLETE & REGISTER THE LAP

DETAILS; - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=0XQUOT1GC_G](https://www.youtube.com/watch?v=0XQUOT1GC_G)

- TEAM MUST COMPLETE THE WORKOUT SYNCHRONISED (EACH ATHLETE WILL HAVE A KEG)
- ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 75M RUN AT THE END OF EACH FULL SET IN ORDER TO REGISTER THE LAP
- MEN KEG WEIGHT = 25K
- WOMEN KEG WEIGHT = 15K
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT



UNCONVENTIONAL BEAST

AS MANY LAPS AS POSSIBLE OF;

15M - SANDBAG CARRY

15M - FARMERS CARRY

15M - OVERHEAD CARRY

90M RUN - TO COMPLETE & REGISTER THE LAP

OTHER DETAILS;

- ATHLETE 1 WILL CARRY OBJECT 1 TO THE 15M LINE AND MUST DROP THE OBJECT OVER THE LINE, THE ATHLETE WILL THEN RETURN FOR OBJECT 2, AND THEN OBJECT 3, AND FINALLY RETURNING TO THE START LINE TO TAG IN ATHLETE 2. ATHLETE 2 WILL THEN REPEAT THAT PROCESS IN ORDER TO RETURN THE OBJECTS TO THE START LINE. ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 90M RUN AT THE END OF EACH FULL SET IN ORDER TO REGISTER THE LAP
- ATHLETES CAN CHOOSE TO CARRY THE OBJECTS IN ANY ORDER THEY WISH
- SANDBAG WEIGHT - MEN=70K / WOMEN=40K
- FARMERS CARRY WEIGHT - MEN=40K EACH HAND / WOMEN=25K EACH HAND
- OVERHEAD OBJECT CARRY WEIGHT - MEN=35K / WOMEN=20K
- HALF LAPS WILL COUNT AT THE END OF THE WORKOUT! (I.E. IF ONE ATHLETE HAS COMPLETED HIS/HER SET PLUS THE 90M RUN YOU WILL BE AWARDED A 'HALF LAP')

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=5EC09N9VV7W](https://www.youtube.com/watch?v=5EC09N9VV7W)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=U93DT7Z04WS](https://www.youtube.com/watch?v=U93DT7Z04WS)

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=DD2DCPK5NE4](https://www.youtube.com/watch?v=DD2DCPK5NE4)



SURPRISE ATTACK

TWO-PART WORKOUT;

9 MIN - 20M WEIGHTED WALKING LUNGES/60M RUN

2 MIN CHANGE OVER

9 MIN - 20M LATERAL HAND WALK/60M RUN

WORKOUT DETAILS

9 MIN AMLAP, 20M WEIGHTED WALKING LUNGES/60M RUN - AS A TEAM YOU MUST COMPLETE 20M OF SYNCHRONISED WEIGHTED (BACKPACK) WALKING LUNGES. ONCE COMPLETED, ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 60M RUN IN ORDER TO REGISTER THE LAP.

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

9 MIN 20M LATERAL HAND WALK/60M RUN - ATHLETE 1 WILL COMPLETE 20M OF LATERAL HAND WALK, ATHLETE 2 WILL REPEAT THE PROCESS. ONCE COMPLETED, ONE TEAM MEMBER OF YOUR CHOICE MUST COMPLETE A 60M RUN IN ORDER TO REGISTER THE LAP.

20M SYNCHRONISED WEIGHTED WALKING LUNGES/60M RUN - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=MSWD1HSMBMI](https://www.youtube.com/watch?v=MSWD1HSMBMI)

- MEN WEIGHTED BACKPACK = 20K
- WOMEN BACKPACK = 12K
- ATHLETES MUST KEEP THEIR WEIGHTED BACKPACK ON WHEN COMPLETING THE 60M RUN
- LUNGES STANDARDS - KNEE TO FLOOR LUNGES ON EVERY REP
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT

9 MIN LATERAL HAND WALK/60M RUN - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=EFQEXWYPJHU](https://www.youtube.com/watch?v=EFQEXWYPJHU)

- LATERAL HAND WALKS & 60M RUN WILL BE COMPLETED USING BODYWEIGHT ONLY
- ATHLETE 1 MUST NOT BEGIN HIS/HER NEXT SET UNTIL ATHLETE 2 HAS TAGGED YOU BACK IN (AND VISA VERSA)
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT