

SAT 21 AUG 2021

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EVENT LOCATION

GREVILLE SMYTH PARK & SPORTS GROUND

ASHTON ROAD

BRISTOL

BS3 2EQ

(DIRECTLY OPPOSITE ASHTON GATE STADIUM)

PARKING LOCATION

ASHTON PARK SCHOOL, BS3 2JL



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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 - INDIVIDUALS

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 - 10X BURPEE JUMP OVERS TO 60M SHUTTLE RUN

2 MIN CHANGE OVER

9 MIN - MAX DISTANCE ROW

WORKOUT DETAILS

9 MIN AMLAP, 10 BURPEE JUMP OVERS / SHUTTLE RUNS - ATHLETES MUST COMPLETE 10 BURPEE JUMP OVERS AND A 60M SHUTTLE RUN IN ORDER TO ACHIEVE ONE LAP.

2 MINUTE CHANGE OVER - YOU 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 MUST COMPLETE YOUR MAX DISTANCE ROW WITH A 9 MINUTE TIME CAP.

BURPEE JUMP OVERS / SHUTTLE RUNS

- BURPEES (CHEST TO FLOOR) - ATHLETE'S CHEST MUST TOUCH THE FLOOR 10 TIMES DURING THE SET
- JUMP HEIGHT = 10 INCH BOX HEIGHT
- ATHLETES MUST RUN 'AROUND' THE CONES WHEN COMPLETING THEIR SHUTTLE RUNS

MAX DISTANCE ROW

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

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 - 8X ATLAS BALL OVER SHOULDER / 60M RUN

2 MIN CHANGE OVER

9 MIN - MAX DISTANCE TYRE FLIPS

WORKOUT DETAILS

9 MIN AMLAP, 8X ATLAS BALL OVER SHOULDER / 60M RUN - ATHLETES WILL COMPLETE 8X ATLAS BALL OVER SHOULDER AND A 60M 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 - ATHLETES WILL COMPLETE AS MANY LAPS AS POSSIBLE OF A 15M TRACK

ATLAS BALL OVER SHOULDER / 60M RUN - [HTTPS://WWW.YOUTUBE.COM/WATCH?V=QZ0UV86EJTE](https://www.youtube.com/watch?v=QZ0UV86EJTE)

- MEN ATLAS BALL WEIGHT = 55K
- WOMEN ATLAS BALL WEIGHT = 35K
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT

9 MIN MAX DISTANCE TYRE FLIPS

- MEN'S TYRE WEIGHT - APPROX 170K
- WOMEN'S TYRE WEIGHT - APPROX 120K
- PARTIAL TYRE CROSSING THE LINE IS ACCEPTED (I.E. THE WHOLE TYRE DOES NOT NEED TO CROSS THE LINE)
- HALF LAPS WILL COUNT AT THE END OF THE WORKOUT



BRUTAL BEAT DOWN

AS MANY LAPS AS POSSIBLE OF;

5 X KEG GTOH

3M BEAR CRAWL (FORWARD & BACKWARDS)

5 X KEG GTOH

6M BEAR CRAWL (FORWARD & BACKWARDS)

5 X KEG GTOH

9M BEAR CRAWL (FORWARD & BACKWARDS)

90M RUN - TO COMPLETE & REGISTER THE LAP

DETAILS:

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=OXQUDT1GC_G](https://www.youtube.com/watch?v=OXQUDT1GC_G)
- MEN KEG = 25K
- WOMEN KEG = 15K



UNCONVENTIONAL BEAST

AS MANY LAPS AS POSSIBLE OF;

30M - SANDBAG CARRY

30M - FARMERS CARRY

30M - OVERHEAD SANDBAG CARRY

90M RUN - TO COMPLETE & REGISTER THE LAP

OTHER DETAILS;

- ATHLETES WILL CARRY OBJECT 1 TO THE 15M LINE AND BACK, THEN OBJECT 2 AND OBJECT 3. ONCE COMPLETED, ATHLETES WILL THEN COMPLETE A 90M RUN 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=20K EACH HAND
- OVERHEAD OBJECT CARRY WEIGHT - MEN=35K / WOMEN=20K
- HALF LAPS WILL COUNT AT THE END OF THE WORKOUT I.E. ALL 3 OBJECTS AT THE 15M LINE PLUS THE 90M RUN COMPLETE

[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 - ATHLETES WILL COMPLETE 20M OF WEIGHTED WALKING LUNGES AND WILL THEN RUN 60M IN ORDER TO COMPLETE AND 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 - ATHLETES WILL COMPLETE 20M OF LATERAL HAND WALK AND MUST THEN RUN 60M IN ORDER TO COMPLETE AND REGISTER THE LAP.

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

- MEN BACKPACK WEIGHT = 20K
- WOMEN BACKPACK WEIGHT = 12K
- ATHLETES MUST KEEP THEIR WEIGHTED BACKPACK DURING THE 60M RUN ELEMENT OF THE WORKOUT
- 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 WILL BE COMPLETED USING BODYWEIGHT ONLY
- HALF LAPS WILL NOT COUNT AT THE END OF THE WORKOUT