



2019 WORKOUTS



RELAY FORMAT IN PAIRS:

- 4 SYNCHRO BURPEE OVER HURDLES
- 8 SYNCHRO TTB
- 40M SANDBAG SHUTTLE RUN (60KG + 40KG)

BOTH SANDBAGS MUST BE HELD OFF THE GROUND IN FRONT RACK POSITION AT ALL TIMES

DETAILS

Teams will divide into three pairs. All team members must be stood behind the white line at the start.

On GO, Pair 1 begins their 4 synchro burpee over hurdles, while Pair 2 picks up both the 40kg and 60kg sandbags and holds them in front rack position.

After completing their 4 synchro burpees, Pair 1 go straight into 8 synchro TTB, then receive the sandbags from Pair 2 and complete one full 40m shuttle run – carrying both sandbags down their lane, around their barrel at the 20m marker, and back again.

Once Pair 1 are both back behind their team line, Pair 2 can begin their 4 synchro burpee hurdles. The sandbags must remain off the ground at all times. Keep going for 15 minutes.

JUDGES' NOTES

All team members must begin behind the white line.

The sandbags must remain off the ground at all times. If a team member drops a sandbag, all work must stop until the sandbag is back in front rack position. Any reps completed while the sandbag is not held off the ground will not count.

Burpees must be synchro, with both team members' chests touching the floor at the same time before standing. The jump over the hurdles do not need to be synchro – one team member can jump over ahead of the other, or help their teammate over the hurdle – but the hurdle must be jumped over at all times, never walked around. Walking around the hurdle will incur a 1 point penalty deduction.

TTB must be synchro, with both team members' toes touching the bar at the same time.

Scaling options are permitted.

SCORING

16 reps per complete round converted into points:

- 1 point for each completed burpee (max. of 4)
- 1 point for each completed synchro TTB (max. 8)
- 1 point for every 10m of the 40m shuttle run (max. 4)

SCALING OPTIONS

3:1 Knee Raises, instead of TTB. If choosing knee raises both team members in that pair must do knee raises synchro.

NOTE: Each 'block' of work (8TTB or 24 Knee raises) must be carried out either RX or Scaled, you cannot switch mid round.

Helping one another over the hurdle will not affect the score.

Helping one another lift the sandbag will not affect the score.

Walking around the hurdle will incur a 1 point penalty.

WOD 2

FOR TIME - 12 MIN CAP

IN 4's:

10 WORM CLEANS
5 SYNCHRO BURPEES OVER THE WORM

20 WORM SQUATS
10 SYNCHRO BURPEES OVER THE WORM

30 WORM PUSH PRESS
15 SYNCHRO BURPEES OVER THE WORM

20 WORM SQUATS
10 SYNCHRO BURPEE OVER THE WORM

10 WORM CLEANS
5 SYNCHRO BURPEE OVER THE WORM

2 TEAM MEMBERS MUST HOLD A DEAD HANG FROM THE RIG AT ALL TIMES

DETAILS

All team members must be stood behind the white line at the start.

The Worm sandbag will be positioned, lengthways, in the middle of the lane.

On GO, 4 team members must run out and pick up the Worm and begin the workout, while the remaining 2 team members move to the bar and hold a dead hang from the rig.

2 team members must remain hanging from the rig at all times; reps will not count unless 2 team members are hanging from the rig. As soon as 1 team member drops from the rig, work must stop on the Worm no matter where you are in the workout and the hanging pair must both swap out. Team members can be swapped in and out of position as and when required.

JUDGES' NOTES

Judges will stand facing the rig, so will be able to assess both the Worm movements and the dead hang.

For a clean to count as a rep, the worm must be held on all 4 team members' shoulders, with all 4 standing straight.

For a squat to count as a rep, all 4 team members' hips must drop below their knee creases. No one's hands must make contact with the ground or on their hips/legs at any time.

For a push press to count as a rep, the Worm must stay on the same shoulder of all athletes.

Burpees will be completed facing the Worm and must be synchro, with all 4 team members' chests touching the ground together. No one should begin their jump over the Worm until all 4 team members are lying down together. Burpees must be completed with two footed take offs.

SCORING

The score is the time taken to complete the WOD, with the judge recording the time on their stopwatch.

If a team caps out at 12 minutes with work still outstanding, all remaining reps will be added onto the 12 minute cap as seconds.

IN M/F PAIRS:

2 PAIRS TOGETHER COMPLETE 1 WORM LUNGE WALK (20M)

WHILE THE REMAINING PAIR COMPLETE:

12 SANDBAG HURDLE PASS-OVERS (60KG + 40KG)

DETAILS

Teams divide into 3 mixed (M/F) pairs. All team members must be stood behind the white line at the start.

On GO, Pairs 1 and 2 together pick up the Worm and begin lunge walking the full 20m length of their lane, down to the barrel marker at the end.

Pair 3 meanwhile run to their hurdle, and begin performing 12 sandbag pass-overs: both sandbags (60kg and 40kg) must be passed over the hurdle each rep.

Pairs can only swap roles once the Worm has been carried 1 full length. If Pairs 1 and 2 complete the lunge walk before Pair 3 complete the 12 pass-overs however, they must wait with the Worm held off the ground until Pair 3 complete their work.

Pairs can then rotate their positions as required after all the work has been completed.

JUDGES' NOTES

Only the sandbags need to cross the hurdle for the pass-over to count as a rep; Pair 3 must not jump over the hurdle, and instead must walk or run around it. However both team members must remain on the same side of the hurdle until both sandbags are on the other side; the sandbag cannot, for example, be pulled over the hurdle by one team member while the other pushes it from the opposite side.

Only once both sandbags are on the other side can Pair 3 run around the hurdle to begin the next rep.

SCORING

Teams should aim to complete as many rounds as possible within the time.

There is a maximum of 14 points available per round, with each round scored as follows:

- 1 point for every 10m of Worm lunge walk (maximum 2)
- 1 point for each sandbag pass over (maximum 12)

WOD 4A & 4B

FOR TIME: 4A - RUN | 4B - 8MIN CAP

IN PAIRS:

PART A

2 PAIRS COMPLETE:

5KM FOREST RUN

PART B

1 PAIR COMPLETES:

12 ROPE CLIMBS

THEN IN ANY TIME REMAINING:

MAX EFFORT SYNCHRO BURPEES

DETAILS

Teams will divide into three pairs.

Two pairs will complete the 5km run, while the other completes the rope climbs and burpees.

Part A: Pairs 1 and 2 will be provided with a rope, and must both carry the rope throughout the 5km run.

The race will be run in two heats, with the second heat setting off 20 minutes after the first. Please refer to the event timetable for your teams heat.

Part B: Pair 3 have 8 minutes in which to complete 12 rope climbs. Team members can divide the rope climbs between themselves however they wish. Once completed, in any remaining time Pair 3 must perform max effort synchro burpees. Their score will combine both the time taken to complete the rope climbs, and the total number of burpees completed inside the time.

JUDGES' NOTES

Part A:

The runners must have their team number written on both arms, so they can be clearly identified as they complete the run. The time for each pair will only count if both team members arrive at the finish line holding their rope.

Part B:

Burpees must be synchro, with both team members' chests touching the ground together.

SCORING

Part A:

The total combined time taken by both pairs to complete the run.

Part B:

The total number of synchro burpees, with the time taken to complete the rope climbs used as a tiebreak.

SCALING OPTIONS

PART B:

3:1 Rope pull ins may be performed instead of rope climbs.

If an athlete starts with rope climbs they must stick with this throughout the first section of this workout, likewise with Rope pulls.

One athlete may do rope climbs and one may do rope pulls but they both must stick to their chosen option throughout the 12 reps.

e.g.

Athlete one may perform 6 rope climbs (RX), if athlete two was doing rope pulls (scaled) they would have to do 18 rope pulls at the 3:1 ratio or rope climbs to complete the 12 reps as a pair before moving on to the synchro burpees.

IN M/F PAIRS:

12 CIRCUITS OF THE WODLAND BIKE TRACK

DETAILS

Team will divide into three mixed (M/F) pairs.

Starting in the WODland arena, on GO, Pair 1 will run down to the WODland bike track and collect their bikes.

They will then perform, together, one complete lap of the WODland track.

On completing their lap, they will return to their lane and hand their bikes on to Pair 2.

The athlete has to get off their bike and pass it to the other same sex team mate, who will be stood waiting in their lane changeover section.

Pair 2 will then complete their lap, return to their lane, and pass their bikes on to Pair 3, and so on.

Each pair will complete 2 laps each, totalling 12 laps between all 6 team members. The score will be the time taken to complete all 12 laps of the track.

EQUIPMENT

2 Bikes and 4 helmets will be provided to each team.

Helmets must be worn during every lap of the bike track.

On GO, Pairs 1 and 2 will have their helmets already on; when their lap is complete, Pair 1 will hand their helmets over to Pair 3 on their return to the arena, and so on in sequence.

If helmets are not worn the athletes will be disqualified from this WOD.

JUDGES' NOTES

Laps are completed in pairs, so each pair's completed lap counts as 2 laps towards the final total.

SCORING

The score is the time taken to complete the WOD, with the judge recording the time on their stopwatch.

SCALING OPTIONS

If a team member cannot or does not want to ride a bike, they forfeit their position in the team for this WOD and must have their position taken by one of their teammates.

Their position must be taken by one of the other same sex team mates.

For example, if one male does not wish to bike, then one of the other two male teammates must complete their laps for them. If two male athletes do not wish to bike, this means the remaining male teammate will have to complete all laps.

The team mate completing extra laps must still changeover and cannot complete back to back laps. Should there be any changes to the team lineup like this, judges must be informed ahead of the race who is completing each lap.

IN PAIRS AND 4S, CLIMB A LADDER OF 3, 6, 9, 12...

SYNCHRO PULL-UPS (IN PAIRS) SYNCHRO DOWN-UPS (IN 4's)

2 TEAM MEMBERS MUST PERFORM MAX EFFORT LOG RAISES THROUGHOUT

DETAILS

All team members must be stood behind the white line at the start.

On GO, 2 team members run out to the rope provided and begin performing max effort log raises – pulling a log up to the top of their rig, then lowering it to the ground. The log must be controlled back down to the ground – if the judge does not think the descent has been controlled, this will be marked as a no rep.

Meanwhile the remaining 4 team members perform the ladder above, adding 3 reps to each movement per round.

Synchro pull-ups are performed in pairs; all 4 team members must perform the synchro down-ups together.

Pairs can switch roles at any time throughout, as and when required.

JUDGES' NOTES

For the pull-ups to count as a synchro, both team members' chins must be over the bar at the same time.

Only once the pull-ups have been completed can all 4 members begin the down-ups.

For the down-ups to count as synchro, all 4 team members must have their chests on the floor at the same time before standing together. All 4 members must then be fully stood up for the rep to count.

SCORING

The score for this WOD will be the total number of log raises performed plus the total number of reps accumulated on the ladder.

- 1 point for each log raise
- 1 point for each synchro rep in the ladder

SCALING OPTIONS

Pull-ups can be scaled to synchro press-ups, at a ratio of 4:1.

If one person from the pair can not perform a pull up, that pair must complete the scaled option of 4:1 synchro press ups.

As a further scaled option, if an athlete cannot complete full pushups then they can complete hand release press-ups from the knees at the same 4:1 ratio.

For the press-ups to count as synchro, both team members must be at full extension together, and have both chests to the floor together on either scaled option.

NOTE: Each 'block' of work from the ladder must be carried out either RX or Scaled, you cannot switch mid round.

e.g. if you start the 6's with pull-ups you must complete 6, you cannot switch to press-ups. You may then start the 9's as press-ups if you wish, as long as each 'block' is carried out to the same RX or Scaled standard.

WOD 7

12 MINUTE CAP

TO BE PERFORMED AT SOME POINT THROUGHOUT THE WEEKEND.

THE TEAM (SIX MEMBERS) WILL HAVE 12 MINUTES IN WHICH TO EACH ACHIEVE A MAX WEIGHT FOR THE FOLLOWING BARBELL COMPLEX:

- 3 × HANG POWER CLEANS
- 2 × FRONT SQUATS
- 1 × HANG SQUAT CLEAN
- 1 × JERK

DETAILS

Each team will have a 12 minute slot within which to warm up and then perform a maximum weight lift of the complex outlined above.

These slots will need to be booked in advance, but are available across the entire weekend: 9.00am-3.00pm on both Saturday and Sunday.

The team can divide their time however they wish, but all six athletes must make at least one attempt of the complex within the time.

The complex cannot be broken up, and must be performed in its entirety as above. If a team member fails at some point during their attempt, the entire attempt will not count and they must either re attempt the whole complex or their previous score will be taken.

It is up to each team member to let their judge know when they are attempting each chosen weight.

Athletes are allowed as many attempts as they wish within the time scale.

JUDGES' NOTES

Teams will book their slot for their 7RM complex in advance.

The bar must be deadlifted off the ground & stood up straight (full extension) before beginning the Hang Power Clean.

The HPC can be taken anywhere from above the knee and must be fully stood up to count for each 3 reps.

The front squat must have hips below their knee creases (below parallel) & fully stood up at the top of the rep to count.

The HSC must also have their hips below knee creases (below parallel) & fully stood up to count as a rep.

In the jerk, arms must be fully locked out at the top and the athlete is able to stand tall with control of the bar overhead.

The jerk can be either a split jerk or push jerk. If a split jerk, feet must come together for the rep to count.

SCORING

The score for this WOD is the combined total of all the heaviest weights lifted by all six team members.

WOD 8 - THE FINAL

FOR TIME - 15 MIN CAP

IN PAIRS AND 4's, A 21-15-9 TEAM WORM "FRAN":

21 WORM THRUSTERS (IN 4's)
21 SYNCHRO PULL-UPS (IN PAIRS)

15 WORM THRUSTERS (IN 4's)
15 SYNCHRO C2B

9 WORM THRUSTERS
9 SYNCHRO MUSCLE-UPS
9 WORM THRUSTERS

15 SYNCHRO C2B
15 WORM THRUSTERS

21 SYNCHRO PULL-UPS
21 WORM THRUSTERS

DETAILS

All team members must be stood behind the white line at the start.

On GO, 4 members pick up the Worm sandbag and begin to perform the thrusters. Once the first thrusters are complete, 2 team members begin performing the synchro pull-ups on the bar, and so on.

The Worm must stay off the ground during all gymnastic elements. If the Worm is dropped, all work on the rig must stop until the Worm is picked back up.

The team can divide the work however they wish; the two team members on the rig do not have to stay the same throughout, and can be changed whenever necessary. But the pair on the rig must be able to perform the same gymnastic movement to the same standard; if one out of the two team members on the rig needs to scale their element, then both members on the rig need to complete the scaled option.

JUDGES' NOTES

All synchro elements must be maintained throughout: pull-ups must end with both team members' chins above the bar; chest-to-bars must end with both members' chests touching the bar together; muscle-ups must end with both team members raised above the bar with arms locked out. The kip swing does not need to be synchro.

Worm thrusters must start on the same shoulder and end with the Worm crossing over and above all 4 team members' heads before being able to squat down again. Hips must drop below their knee creases. No one's hands must make contact with the ground or legs at any time.

SCORING

Teams will be scored by the time taken to complete all work. Any remaining reps left over when time is up will be added to the 15 minute time cap as seconds.

SCALING OPTIONS

On all gymnastic movements, the scaling option is 4:1 synchro press-ups; both team members' chests must touch the floor at the same time.

As a further scaled option, if an athlete cannot complete full press-ups then they can complete hand release press-ups from the knees at the same 4:1 ratio.

NOTE: Each 'block' of work must be carried out either RX or Scaled, you cannot switch mid round.

e.g. if you start the 9 muscle-ups you must complete 9, you cannot switch to press-ups. You may then start the 9's as press-ups if you wish, as long as each 'block' is carried out to the same RX or Scaled standard.



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