## EVENT 2 - GET RUCKED

| ADVANCED | INTERMEDIATE/ELEVATE |
| :---: | :---: |
| FOR TIME (12 MIN TIME CAP) | FOR TIME (12 MIN TIME CAP) |
| All Athletes wearing a weight vest (20lbs/14lbs) | All Athletes wearing a weight vest (20lbs/14lbs) |
| Scored in 2 parts - hill work and row | Scored in 2 parts - hill work and row |
| Buy in: | Buy in: |
| 50 sync air squats "holding a rope" | 50 sync air squats "holding a rope" |
| 6 rounds of: | 6 rounds of: |
| 2 athletes at a time - | 2 athletes at a time - |
| 400m hill sprint (holding rope) | 400 m hill sprint (holding rope) |
| At the top of the hill sync push ups MM 15 reps FF/MF 10 reps | At the top of the hill sync push ups <br> * Elevate Females knee push ups <br> MM 15 reps FF/MF 10 reps |
| 1 athlete on the rower during the hill sprints | 1 athlete on the rower during the hill sprints |
| 3.5 km row (MMF) 3 km row (FFM) | 3.2 km row (MMF) 2.8 km row (FFM) |
| * Change rower after each hill rotation - athletes need to stay in order of athlete 1 , athlete 2 and athlete 3 <br> * Should hill rounds finish before the row then all 3 athletes can row in any order | * Change rower after each hill rotation - athletes need to stay in order of athlete 1, athlete 2 and athlete 3 <br> * Should hill rounds finish before the row then all 3 athletes can row in any order |

## ALL ATHLETES WILL BE WEARING A WEIGHT VEST FOR THE DURATION OF THE WORKOUT

At the call of $3,2,1 \ldots g o$, all three athletes will hold on to the rope and perform 50 sync air squats.
On completion of the air squats, one athlete will jump on the rower to commence the row for distance. The other two athletes, holding on to the rope will run to the top of the hill ( 200 m up and 200 m back down). When at the top if the pairing is MM they will perform 15 push ups. If the pairing if MF or FF they will perform 10 push ups. Elevate female athletes may perform knee push ups. The athletes, still holding on to the rope will then run down the hill and tag out the athlete on the rower (this is classed as one round). Athlete 2 will get on the rower and the other two athletes will complete another hill sprint as previously described. Athletes will continue in this fashion until they have completed 6 rounds of the hill sprints, changing in order of athlete 1 , then 2 , then 3.

Should the total distance of not be reached by the time the 6 rounds are completed, athletes can all row in any order to finish the distance.

Distances are -

$$
\begin{array}{ll}
\mathrm{RX}- & 3.5 \mathrm{~km} \text { for MMF teams or } 3 \mathrm{~km} \text { for FFM teams } \\
\text { Intermediate/Elevate }- & 3.2 \mathrm{~km} \text { for MMF teams or } 2.8 \mathrm{~km} \text { for FFM teams }
\end{array}
$$

Scores will be time taken to complete the row and time taken to complete the 6 rounds.

Should they fail to finish their total number of reps and distance will be recorded.

## EVENT 2 - GET RUCKED

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TEENS
FOR TIME (12 MIN TIME CAP)
All Athletes wearing a weight vest (20lbs/14lbs)
Scored in 2 parts - hill work and row
PART A
Buy in:
50 sync air squats "holding a rope"
4 rounds of:
400m hill sprint (holding rope)
At the top of the hill sync push ups MM 12 reps
                                    FF/MF }8\mathrm{ reps
PART B
Total Row Distance for time -
MM 2.2km
MF 1.8km
FF 1.4km
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## BOTH ATHLETES WILL BE WEARING A WEIGHT VEST FOR THE DURATION OF THE WORKOUT

At the call of 3,2,1..go, both athletes will hold on to the rope and perform 50 sync air squats.
On completion of the air squats, both athletes, still holding on to the rope will run to the top of the hill (200m up and 200m back down). When at the top if the pairing is MM they will perform 12 push ups. If the pairing if MF or FF they will perform 8 push ups. The athletes, still holding on to the rope will then run down the hill which constitutes one round. They will repeat this 3 more times for a total of 4 rounds. On completion of the 4 rounds, their time will be recorded for the Part A score.

Still wearing the weight vests, the athletes will then commence the distance row for time changing out whenever they desire.

Distances are -
MM - 2.2KM
MF -1.8 KM

FF - 1.4 KM
The score will be time taken to complete the row.
Should they fail to finish their total distance will be recorded.

