



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

EVENT 2 – GET RUCKED

TEENS
FOR TIME (12 MIN TIME CAP) <u>All Athletes wearing a weight vest (20lbs/14lbs)</u>
Scored in 2 parts – hill work and row
<u>PART A</u> 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 reps
<u>PART B</u> Total Row Distance for time – MM 2.2km MF 1.8km FF 1.4km

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 is 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 – 1.8KM

FF – 1.4KM

The score will be time taken to complete the row.

Should they fail to finish their total distance will be recorded.