

# Workout 5a & 5b – Day 2 – Beach

## **Run, Paddle & Power**

For Time & AMRAP

(14 minutes Cap)

Intermediate / Advanced

## **The Workout:**

- Team of 4

### For Time

- 600m Team Run carrying a rope.
- 300m Twin Paddle-less boarding.

### AMRAP

- Truck-Tyre Flips and stacking.

Tyre weight approximately 75kg

## **Intermediate Description**

### **The For Time bit (5a):**

3.2.1...Go!

As a team you will carry a 3m long piece of rope and run a 600m track (track is either hard surface or grassed area).

Following the run the team will place the rope in the marked zone before grabbing two paddleboards. The paddleboards will each hold two of the team members.

\*Note, if you want to discard your shoes and socks at this point they need to be placed within the marked zone as well as the rope, but you need to be clear of any teams running.

Paddle the 300m route heading to the beach in front of the playing fields/open field. Discard your two paddleboards at the beach as instructed.

Ensuring you have a full team of 4 before progressing up to the fields where there will be 6 lanes. Each lane has a stack of 4 truck tyres.

To record a time for this part of the workout, all four team members must touch the stack of tyres at the same time before progressing with the tyre flips. This will be recorded as your run and paddleboard time.

### **The AMRAP bit (5b):**

Taking one tyre at a time (one per athlete) the team will flip their tyres in series/daisy-chain to the far end of their lane. Once at the end they stack the tyres up. This indicates a complete round.

Once the judge is happy with the tyres being stacked, they will confirm and indicate that you may repeat the tyre flips back across the lane to the other end of your lane (where you started). This process should be continued for the remaining time of this workout.

Score is the total number of completed/part completed stacks within the timer.

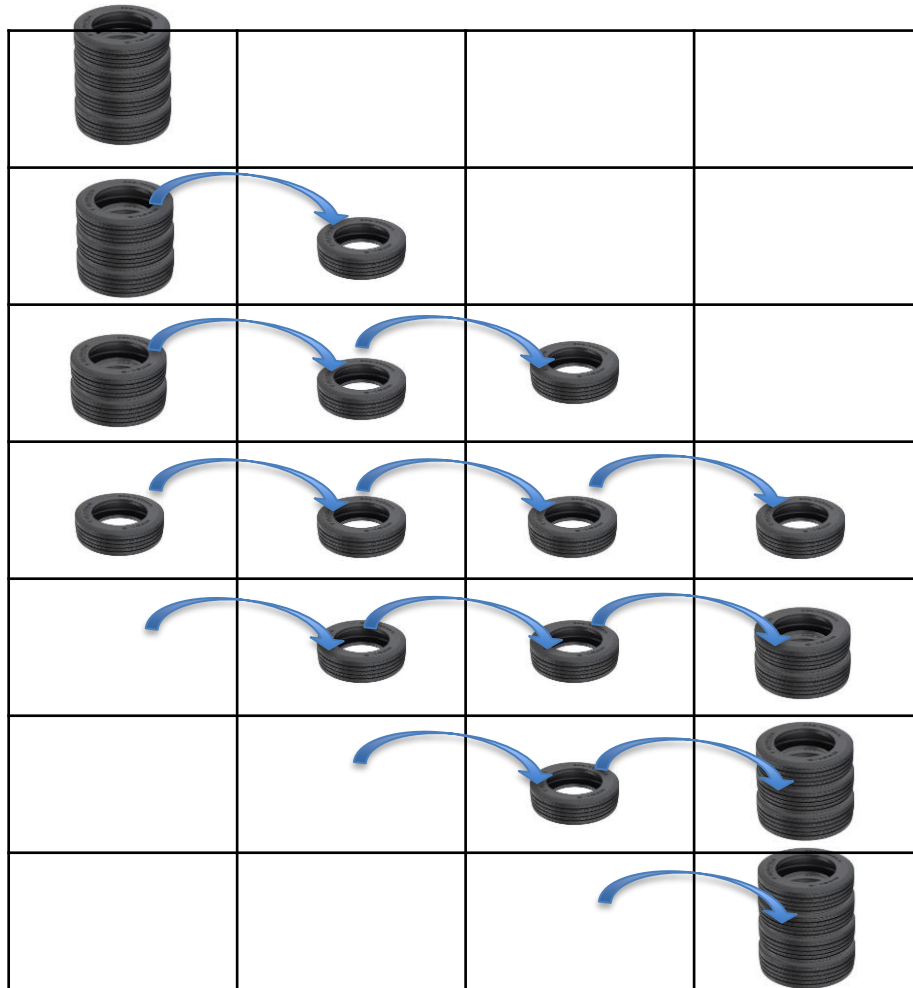
14 minute timecap.

# Set-Up/Route



\*Some parts of the course may vary on the day.

# Set-Up & Scoring



- For every tyre in the end cell (of that round, a single point is given.
- Each fully completed round scores 4 points.

Score for one round  
(4 points)