

Workout 6 – Day 2 – Course

YGIG Up & Over

For Time

(12 minutes Cap)

Intermediate / Advanced

The Workout:

Team Speed Relay

For Time

Phase 1

- Athlete 1 sprint the mini obstacle course to collect an object and return via the course route.
- Athlete 2 repeat
- Athlete 3 repeat
- Athlete 4 repeat.

Phase 2

- All athletes with their objects complete the obstacle course and return their objects to their starting place.
- Drop the objects and all sprint back through the assault course and across their finishing line to record your time.

Description

Mini Obstacle Course Sprints Relay

Phase 1

3.2.1...Go!

Athlete 1 sprints from the start line and navigates the obstacles in their team lane. Remaining 3 athletes to stop behind the line.

The course will consist of several simple over and under obstacles which should be navigated and overcome by the individual athlete.

The athlete completes one length of the course and collects an object from the far end of their team lane.

They return back through the course carrying the object. The object is to be taken with the athlete over and under each of the obstacles as the athlete navigates the course back to the start/finish line.

Once athlete 1 crosses the line, athlete 2 repeats the exact same routine as does athlete 3 and then athlete 4.

Phase 2

Once the last athlete has returned across the finish line with their object, all four athletes navigate the course together with their objects. The objects will be lifted/carried over and under the obstacles just as they were done during the individual phase.

During this phase athletes may assist each other with navigating the obstacles and their objects.

All athletes return their objects back to their original position before sprinting back as a team through the course one last time and crossing over the finish line. The time will be recorded once the last athlete crosses over the line.

12-minute timecap.

*Note: If any of the obstacles cannot be completed by an athlete, they may call on a team member to offer assistance. However, the athlete must approach the obstacle alone and if they are not able to navigate the obstacle they will call a team member from the start line to help. The team member must then return to the start line and wait if there are further instructions to follow on the return leg.