

Breast Cancer Warrior Games

Workouts sponsored by ZenFit Athletics

Workout 1: The Unknown

Timecap: 24min

On 3, 2, 1...GO:

- All 4 team athletes run 400m
- The first athlete back performs a max set of unbroken wall balls. Once they break they set off on another 400m run and the next athlete steps in and performs a set of unbroken wall balls.
- This rotation continues until the team has performed 400 wall balls in total.

Notes:

- There can be more than one athlete per team out on the run at any given time and for the duration of the workout.
- Only one athlete can be performing wall balls.
- Wall ball sets have to be unbroken. If and when the athlete breaks they must set off on their 400m run.

Scoring:

- Total time to complete all 400 wall balls with all athletes present at the wall ball station.
- If the timecap is reached then the total amount of reps completed.
- Example: athlete on the wall balls breaks on rep 399. They have to set off on their 400m run. The next athlete will complete the last rep and time will only be taken when the athlete, who broke on 399 and currently out on their run, returns from their run and steps onto the wall ball station.
- If time cap is reached then total reps completed.

Weights:

- Wall Balls
 - Rx: Male = 20lbs / 10kg & Female = 14lbs / 7.5kg
 - Scaled: Male = 14lbs / 7.5kg & Female = 10lbs / 5kg
- Run
 - Rx & Scaled: 400m route/lap

Workout 2: The Hardship

Timecap: 20min

On 3, 2, 1...GO:

- The first pair performs 1 round of 5 synchronised deadlifts plus 10 synchronised bar facing burpees.
- They will tag the second pair who will then perform 5 synchronised deadlifts plus 10 synchronised bar facing burpees.
- This rotation will follow until each pair has performed 10 rounds i.e. 20 rounds in total.

Notes:

- Pairs can be MM or FM but have to remain the same for the duration of the workout.
- If MM or FF then each will need their own barbell

Scoring:

- Time to complete 20 rounds
- If the timecap is reached then the total amount of reps completed.

Weights:

- Deadlift
 - Rx: Male = 80kg & Female = 50kg
 - Scaled: Male = 60kg & Female = 40kg

Synchronised Movement Standards:

- Deadlift
 - Both bars need to be at the top of the deadlift at the same time for the rep to count.
 - The lift does not have to be synchronised.
 - If one athlete lifts the bar before the other then he/she can hold the top position until the other athlete lifts into the same position.
- Burpee
 - Both athletes' chests need to touch the ground at the same time.
 - The rep is counted when both athletes have completed their jump over the bar.
 - The jump does not have to be synchronised.
 - Two foot take-off and landing is required

Workout 3: The Victory

Timecap: 22min

On 3, 2, 1...GO:

- Athlete 1 performs **FRAN**
- Once athlete 1 finishes they tag...
- Athlete 2 performs **GRACE**
- Once athlete 2 finishes they tag...
- Athlete 3 performs **5 rounds of CINDY**
- Once athlete 3 finishes they tag...
- Athlete 4 performs **ANNIE**

Notes:

- Athletes will work and complete one workout at a time.
- Workouts have to be performed in the above order.
- Athletes get to cheer each other on!

Scoring:

- Total time taken to complete all 4 workouts.
- If the timecap is reached then the total amount of reps completed in that specific workout.

Workouts & Weights:

- Fran: 21-15-9 Thrusters and Pull Ups
 - Rx: Thrusters Male = 43kg & Female = 29kg
 - Scaled: Thrusters Male = 30kg & Female = 20kg. Jumping Pull Ups or Ring Rows
- GRACE: 30 Clean and Jerks
 - Rx: Male = 61kg & Female = 43kg
 - Scaled: Male = 50kg & Female = 30kg
- CINDY: 5 Pull Ups, 10 Push Ups, 15 Air Squats
 - Rx: Full movement standards and range of motion
 - Scaled: Jumping Pull Ups or Rings Rows
- ANNIE: 50-40-30-20-10 Double Unders & AB-mat Sit Ups
 - Rx: Full movement standards and range of motion
 - Scaled: Single Unders = 100-80-60-40-20