

Workout

For Time:
Row 1.5Km
Run 2.5Km
300 Double Unders/900 Singles

Row— [Video](#)



Technique is critical and a method is demonstrated in the video linked above

Judging Points-

1. PM4 monitor must be zeroed prior to starting.
2. Judge will verify completed distance of 1.5Km

Movement Standards

Run— [POSE](#) [Chi](#) [Evolution](#)

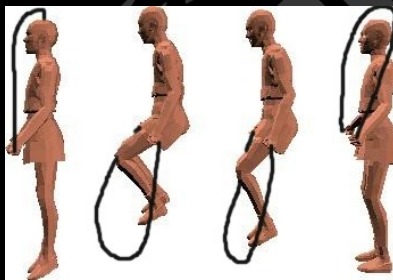


Listed above are the 3 most efficient methods promoted to date. Efficiency is critical in the multi sport events as energy needs to be conserved for next discipline.

Judging Points -

1. Judges will ensure the athletes depart from in the box and return to the box.
2. Volunteers will be on corners with fluoro markers to ensure complete 2.5Km course is run.

Double Unders— [Video](#)



one time.

Advise that singles are used if athlete can not string at least 25 doubles together at

Judging Points -

1. The rope must complete 2 full revolutions per 1 jump.
2. Single skips may be performed although 900 instead of 300.