

# OBSTACLE COURSE RACE

| <b>WORKOUT GOAL</b>        | To get functionally fit in preparation for Obstacle Course Type Racing                              |                                     |                    |   |                        |  |
|----------------------------|---|-------------------------------------|--------------------|---|------------------------|--|
| <b>WORKOUT DESCRIPTION</b> | Using all three planes of motion to prepare the body for obstacle courses and functional activities |                                     |                    |   |                        |  |
| <b>SAFETY BRIEF</b>        | Full warm up and risk assessment must be made   |                                     |                    |   |                        |  |
| <b>EQUIPMENT</b>           | Rope, alpha / sand bag, tyre / weight plate, plyo box   |                                     |                    |   |                        |  |
| <b>DURATION</b>            | 40 minutes  |                                     |                    |   |                        |  |
| <b>MOBILISERS</b>          | Squat into walkouts with a press  | Shoulder rolls forward and backward | Arm circles        |   |                        |  |
| <b>THE WORKOUT</b>         | Session Design  |                                     |                    | Methodology   |                        |  |
|                            | Complete each set one after the other. Complete as many rounds as possible within 40 minutes        |                                     |                    | You should aim to concentrate on technique during the plan. Arms only drills, leg only drills and breathing drills are all in place to ensure you have the opportunity to fine tune your technique before testing yourself at an event! |                        |  |
|                            | Set   | Exercise                            | Reps / Time & Rest | Sets  | Equipment              | Notes  |
|                            | 1   | Rope drags                          | 1 minute           | N/A   | Heavy rope & Alpha bag | Tie an alpha / sand bag to the rope and pull until the weight reaches the anchor point. Return the bag to start point & repeat |
|                            | 2   | Run                                 | N/A                | 400m  | Treadmill/ track       | Best effort 400m run.  |
|                            | 3   | Tyre flip / plate flip with jump    | 1 minute           | N/A   | Tyre                   | Flip the Tyre then jump in the middle and out the other side. Turn around and repeat   |
|                            | 4   | Run                                 | N/A                | 400m  | Treadmill/ track       | Best effort 400m run   |
|                            | 5   | Burpee box jumps                    | 1 minute           | N/A   | Plyo box               | Chest-to-floor with explosion to feet followed by jump to maximise power output  |
|                            | 6   | Run                                 | N/A                | 400m  | Treadmill/ track       | Best effort 400m run   |
|                            | 7   | ViPR crawl back & forth             | 1 minute           | N/A   | ViPR                   | Whilst in the bear crawl position, drag the ViPR forward. 2-4 reps forward, then repeat in reverse                             |
| 8                          | Run   | N/A                                 | 400m               | Treadmill/ track  | Best effort 400m run   |  |
| <b>COOL DOWN</b>           | Gentle walk/ jog at 40% of workout pace   |                                     |                    |   |                        |  |
| <b>STRETCH</b>             | Chest, Back, Shoulders, Quads, Hamstrings and Glutes  |                                     |                    |   |                        |  |
| <b>SIGNPOSTING</b>         | Use our Core App and view class timetables for more functional based classes and workouts           |                                     |                    |   |                        |  |