

EVENT 3



CLASSIC FINAL INDIVIDUAL

"THE SPY WHO LOVED ME"

For time

60-50-40-30-20-10 calorie ski

30-25-20-15-10-5 kettlebell snatch 32/24^{kg}

TC 21 minutes

DIVISION SCALING WEIGHTS AND MEASUREMENTS

RX + BENELUX + 35-39

Calories male: 60-50-40-30-20-10

Calories female: 50-40-30-20-10-5

Weight: 32/24 kg

40-44 + 16-17

Calories same as above

Weight: 24/16 kg

45-49 + 50+

Calories male: 50-40-30-20-10-5

Calories female: 30-25-20-15-10-5

Weight: 24/16 kg

NOTES

This workout begins with the athlete standing at the start/finish. After the call of "3,2,1 ... go," the athlete will move to the ski-erg and start on 60 calories. Upon completion the athlete moves to their kettlebell and performs 30 repetitions of a kettlebell snatch. Back to the ski-erg for 50 calories, then 25 kettlebell snatch and this format continues for 40-20, 30-15, 20-10 and ends with 10-5. Upon completion of the last kettlebell snatch the athlete runs over to the start/finish to end the workout. The athlete's score is the time when they reach the finish.

VIEWING REMARKS

The start and finish mat will be the same. The ski-erg is furthest away from the start/finish and the kettlebell is used throughout the lane. For the sake of visibility, each round has a specific place for the kettlebell snatch to be performed. This can either be noted by round numbers (6) or by the numbers of the amount of repetitions to be completed in that spot (60-50-etc.). The kettlebell moves close to the start/finish over the course of the workout and needs to be moved by the athlete **at the end of a round.**