

YARD GAMES EVENT PROGRAMME

Run 400m

Deadlifts - 20 reps

(Females: 50kg / Males: 80kg)

Kettlebell Overhead Press: 20 reps

(Females 2 x 8kg / Males 2 x 12kg)

Run 400m

100 x Ground To Over Head Plate

(Female: 10kg / Male: 20kg)

100 x Burpees

Run 400m

2000m Ski Erg

2000m Rowing Erg

Run 400m

120m x Walking Lunges

100m x Bear Crawl

Sprint to the finish line

Please note, this programme is an example and therefore subject to change.
The final programme will be sent to all registered entrants prior to race day.