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## WORKOUT 1

Thursday, September 29 - Thursday, October 6, 2022

### WORKOUT 1

### VARIATIONS

For time:

10-20-30-40-50

Wall Balls

4-8-12-16-20

Shuttle Run

\*1 Shuttle Run = 40' (20' Down & 20' Back)

20:00 Cap

#### **RX, INT, 35-54 Age Divisions:**

Men use 20# wall ball, 10' target

Women use 14# wall ball, 9' target

#### **Scaled, 55+ & Teen Age Divisions:**

Men use 14# wall ball, 10' target

Women use 10# wall ball, 9' target

#### **Team Division Notes:**

Athletes in the 45+ team divisions will follow the workout variation for the 45-54 age divisions.

Teams will complete the workout as an individual. Team score will be the sum of both athletes' scores. For example, if Athlete A finishes in 14:00 and Athlete B finishes in 15:00, the team score will be 29:00.

*\*Athletes in RX, INT and Age Groups can not submit a scaled workout. Workouts must be completed as prescribed for the division you've registered for.\**

### EQUIPMENT

- Wall ball
- Target
- 20' tape line (inside corner to inside corner of tape line should be 20')

### SUBMISSION GUIDELINES

Workout scores must be submitted by 5pm EST on Thursday, October 6, 2022. Late submissions will not be accepted. Athletes must have a judge present and judging to the written movement and workout standards listed. Athletes without a judge must submit a video recording of their workout. Video recordings are not required upon submission of a workout score if a judge is present, but all athletes who earn a qualifying spot must be prepared to submit at least one workout video at the conclusion of the Coastal Qualifier. FOTC will notify athletes via email with video requests. Athletes can download video recording apps such as WeTime or WOD Proof to easily record and submit videos.

Team Score Entry: The score will be the sum of both athletes' scores. The team captain will be required to submit both scores online. Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 200 of the 210 total reps, he must add 10 seconds to the time cap of 20:00. His score would be entered as 20:10.



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### WORKOUT FLOW

This workout begins with the wall ball on the ground and the athlete standing tall behind the wall ball. At the call of “3..2..1..go”, the athlete will perform 10 wall balls and then move to the 20’ tape line. The first rep must start with the both feet of the athlete behind the tape line. The athlete will perform 4 shuttle runs. One complete rep of shuttle runs is when the athlete runs 20 feet down and 20 feet back for a total of 40 feet. The athlete must run fully across the line on the final rep before returning to the wall ball.

The athlete will then complete 20 wall ball reps and 8 shuttle runs. Then the athlete will perform 30 wall ball reps and 12 shuttle runs. Then the athlete will perform 40 wall ball reps and 16 shuttle runs. Then the athlete will perform 50 wall ball reps and 20 shuttle runs.

The time stops when the athlete fully crosses the tape line on the final rep of 20 shuttle runs. There is no tie-break for this workout. The time cap for this workout is 20:00. The clock should count up.

### MOVEMENT STANDARDS:

#### **Wall Ball:**

The medicine ball must be taken from the bottom of a squat, hip crease below the knee, and thrown to hit the specified target. The rep is credited when the center of the ball hits the target at or above the target height. If the ball hits low or does not hit the wall, it is a no rep. If the ball drops to the ground from the top, it cannot be caught off the bounce to begin the next rep. The ball must settle on the ground before being picked up for the next rep.

#### **Shuttle Run:**

A 20 foot segment must be marked on the ground with two clearly recognizable tape lines 20 feet apart. A tape line must be used. Not cones. 20 feet should be measured from the inside edges of each side of the 20 foot tape line.

The first rep of each set starts with the athlete’s feet clearly behind the start line. The athlete will run 20 feet to the opposite end of the 20 foot line. At each turn around point, the athlete must touch one hand behind the line before running back 20 feet to complete the rep. Both feet do not need to cross the line during turn arounds. On the final shuttle run, the athlete must simply pass the line before beginning their wall balls.

One repetition of the shuttle run = down the length of the competition floor and back (20 feet down and 20 feet back, equaling a total of 40 feet).



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10 Wall Balls	10
4 Shuttle Run	14
20 Wall Balls	34
8 Shuttle Run	42
30 Wall Balls	72
12 Shuttle Run	84
40 Wall Balls	124
16 Shuttle Runs	140
50 Wall Balls	190
20 Shuttle Runs	210

### INDIVIDUAL SCORE ENTRY

TOTAL REPS	
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OR

TOTAL TIME	
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### TEAM SCORE ENTRY

TOTAL TIME	
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### \*TEAM SCORING NOTE\*

Team athletes who fail to finish the workout must add 1 second for every rep not finished. For example, if an athlete finishes 200 of the 210 total reps, he must add 10 seconds to the time cap of 20:00. His score would be entered as 20:10. Team captains will be responsible for inputting both partners scores on our online scoring platform. Team score will be the total of both athletes scores.

Athlete Signature

Judge Signature