# Workout 2

## Pairs (RX & Scaled Scorecard)

Team Name: _____

## WORKOUT 2

**3 ROUNDS:**

Run Course
Ski 500m
Row 500m

_____

Time Cap:

12 Minutes

| Rounds | Run | Ski | Row |
|---------|-----|-----|-----|
| Round 1 | | | |
| Round 2 | | | |
| Round 3 | | | |

*Each 100m is 1 Rep

e.g 2 Rounds + 700m = 2 Rounds 7 Reps

## EQUIPMENT:

Rope/Band
Ski Erg
Row Erg

## SCALING:

Run Course
Ski 300m
Row 300m

**Total Rounds & Meters Completedat 12 Minutes** _____

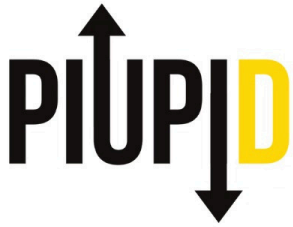**Time Completed** _____

Team Captain Name: _____          Signed: _____

**Judges Name:** _____          **Signed:** _____

I confirm the information above accurately represents the athlete's performance for this workout.

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# Workout 2
## Pairs (RX & Scaled Scorecard)

**CHALLENGE** BOXES & PACKAGING

## WORKOUT 2

3 ROUNDS:

Run Course
Ski 500m
Row 500m

Time Cap:

12 Minutes

## EQUIPMENT:

Rope/Band
Ski Erg
Row Erg

## SCALING:

Run Course
Ski 300m
Row 300m

- Athletes will start laying BEHIND the start line, After 3, 2, 1.. GO!
- Pairs will complete the run course holding the rope/band through their lane and out of the building, around the bollards and back into the arena and back down their lane to the Erg's
- Pairs MUST run holding the rope/band at all times during the running
- Pairs can choose which of the Ski or Row they complete, workload within the round CANNOT be swapped, if the female finishes her chosen Erg, she cannot take over from the male
- Pairs can change which Erg they complete each time, for example: round 1 Male Skis and female Rows, Round 2 Female Skis and Male Rows, then Round 3 They Swap again
- There is no permitted order other than completing the run, into the 500m each
- Once BOTH Ergs reach 500m the lanes judge will allow you to complete the next round
- Once all rounds are completed your time is taken once you have crossed the finish line at the end of your lane
- Ski handles MUST be released above shoulder height/tape markers on the Ski and Row Oar placed back in the holder, failure to do so will result in a time penalty (10 seconds where the judge will hold the pair stationary before allowing pair to continue)
- If less than 3 Rounds are completed the score will be completed Rounds and Reps
- There are 11 Reps per round for RX and 7 Reps per round Scaled
- Score sheets must be signed by one of the pair

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