

# DIMANCHE

# WORKOUT 3



PARTIE A - AMRAP 6:00

## PARTIE A

You Go I Go

6 calorie Echo Bike

4 metre Handstand walk

+4 m each round

2:00 rest before part B

|                |           |            |     |
|----------------|-----------|------------|-----|
| <b>Round 1</b> | Athlete A | 6 Cal Echo | 6   |
|                |           | 4m HSW     | 10  |
|                | Athlete B | 6 Cal Echo | 16  |
|                |           | 4m HSW     | 20  |
| <b>Round 2</b> | Athlete A | 6 Cal Echo | 26  |
|                |           | 8m HSW     | 34  |
|                | Athlete B | 6 Cal Echo | 40  |
|                |           | 8m HSW     | 48  |
| <b>Round 3</b> | Athlete A | 6 Cal Echo | 54  |
|                |           | 12m HSW    | 66  |
|                | Athlete B | 6 Cal Echo | 72  |
|                |           | 12m HSW    | 84  |
| <b>Round 4</b> | Athlete A | 6 Cal Echo | 90  |
|                |           | 16m HSW    | 106 |
|                | Athlete B | 6 Cal Echo | 112 |
|                |           | 16m HSW    | 128 |
| <b>Round 5</b> | Athlete A | 6 Cal Echo | 134 |
|                |           | 20m HSW    | 154 |
|                | Athlete B | 6 Cal Echo | 160 |
|                |           | 20m HSW    | 180 |



EQUIPE .....

HEAT .....

JUGE .....

LANE .....

# DIMANCHE

PARTIE A - AMRAP 6:00

You Go I Go

4 calorie Echo Bike

4 metre Handstand walk

+4 m each round

2:00 rest before partie B

# WORKOUT 3

## PARTIE A



|                |           |            |     |
|----------------|-----------|------------|-----|
| <b>Round 1</b> | Athlete A | 4 Cal Echo | 4   |
|                |           | 4m HSW     | 8   |
|                | Athlete B | 4 Cal Echo | 12  |
|                |           | 4m HSW     | 16  |
| <b>Round 2</b> | Athlete A | 4 Cal Echo | 20  |
|                |           | 8m HSW     | 28  |
|                | Athlete B | 4 Cal Echo | 32  |
|                |           | 8m HSW     | 40  |
| <b>Round 3</b> | Athlete A | 4 Cal Echo | 44  |
|                |           | 12m HSW    | 56  |
|                | Athlete B | 4 Cal Echo | 60  |
|                |           | 12m HSW    | 72  |
| <b>Round 4</b> | Athlete A | 4 Cal Echo | 76  |
|                |           | 16m HSW    | 92  |
|                | Athlete B | 4 Cal Echo | 96  |
|                |           | 16m HSW    | 112 |
| <b>Round 5</b> | Athlete A | 4 Cal Echo | 116 |
|                |           | 20m HSW    | 136 |
|                | Athlete B | 4 Cal Echo | 140 |
|                |           | 20m HSW    | 160 |



EQUIPE .....

JUGE .....

HEAT .....

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# DIMANCHE

# WORKOUT 3



Partie B - For Time

- 40 metre carry synchro
- 80 double unders
- 20 metres carry synchro
- 160 single unders
- 20 metres carry synchro
- 80 double unders
- 40 metres carry synchro

## PARTIE B



Carry:

**1 portion 4m = 1 rep**

2 KB 32 kg + Sandbag 50 kg

Time Cap: 6:00

|   |     |
|---|-----|
| 40 m carry Synchro ( 10 x 4m)                       | 10  |
| 80 double unders                                    | 90  |
| 20 m carry synchro (5 x 4m)                         | 95  |
| 160 single unders                                   | 255 |
| 20 m carry synchro (5 x 4m)                         | 260 |
| 80 double unders                                    | 340 |
| 40 m carry synchro (10 x 4m)                        | 350 |
| <b>SCORE</b><br><b>TIME OU NOMBRE DE REP AU CAP</b> |     |

**EQUIPE** .....

**HEAT** .....

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# DIMANCHE

# WORKOUT 3



Partie B - For Time

- 40 metre carry synchro
- 80 double unders
- 20 metres carry synchro
- 160 single unders
- 20 metres carry synchro
- 80 double unders
- 40 metres carry synchro

## PARTIE B



Carry:

**1 portion 4m = 1 rep**

2 KB 24 kg + Sandbag 30 kg

Time Cap: 6:00

|  |     |
|--|-----|
| 40 m carry Synchro ( 10 x 4m)                              | 10  |
| 80 double unders   | 90  |
| 20 m carry synchro (5 x 4m)                                | 95  |
| 160 single unders  | 255 |
| 20 m carry synchro (5 x 4m)                                | 260 |
| 80 double unders   | 340 |
| 40 m carry synchro (10 x 4m)                               | 350 |
| <b><u>SCORE</u></b><br><b>TIME OU NOMBRE DE REP AU CAP</b> |     |

**EQUIPE** .....

**HEAT** .....

**JUGE** .....

**LANE** .....