



## NORCAL MASTERS 2018 WORKOUTS

### SATURDAY

#### **WOD 1: 4RM THRUSTER FROM THE FLOOR IN 4 MINUTES. (Similar to 2014)**

The bar can rest anywhere but the floor during your **FOUR** reps. Once you start your complex, the bar cannot touch the floor again until you are done. You can do a cluster for your first rep. You can make as many attempts as you want in the 4-minute timeframe.

**Men will be given 250#**

**Women will be given 240#**

If you max out the weights provided, you will do an AMRAP at that final weight as a tiebreak.

Thruster Standards:

\*First rep can be a squat clean right into a thruster. Subsequent reps CANNOT.

\*Full depth in squat is required (hip crease below the top of the knees)

\* Hips and knees fully open and extended at top while barbell is overhead. Full extension of arms overhead with barbell centered over the body.

\*The barbell may not be jerked and must follow one continuous upward movement until lockout is achieved overhead. If the bar path stops or reverses, this is a failed rep, and the athlete can continue to pursue good reps as long as the bar is still in control (see next point).

\*If you fail a rep in the middle of the complex but still have control of the bar and do not rest it on the floor, you can continue to try for reps until you get 4 good ones. Each rep must be a full thruster, so if you fail above your shoulders, you would need to redo the squat portion of the rep in order to make it count.

\*Bar may rest on shoulders or in the hang position, but not on the athlete's back or on the floor. It cannot touch the floor at any time during your 4-rep complex. **If you rest in hang position, be sure your next rep is NOT a clean right into a thruster (you must pause at your shoulders).**

\*Athlete must perform all lifts with his/her feet on his/her designated mat. If feet leave the mat at any time, the rep will not count.

\*There will be no tiebreaks EXCEPT for those who lift all of the weight provided. If you successfully lift 4 reps at the highest weight possible, it then becomes an AMRAP at that weight. You will get a tenth of a point for each rep

you complete. For example, if the total weight provided is 145# and you lift it 5 times, your score will be 145.5. If your competitor lifts it 6 times, she will get 145.6, thus breaking the tie.

At minute 4, you get one minute to set up barbell for Wod 2, which begins at minute 5. If you finish your 4RM early, you CAN load your bar for workout 2:

### **WOD 2: (Similar to 2015)**

3, 6, 9, 12...Thrusters and Burpees Over Barbell AMRAP 8 Minutes

35-39 105/155

40-49 95/135

50-54 75/115

55-59 65/95

60+ 55/75

\*Thruster standard same as in WOD 1.

\*There is **minimal** requirement for how the athlete gets over the bar and no need to stand up in between burpees. The burpee-over-bar consists of an athlete's chest and thighs touching the floor at the same time and then getting over to the other side of the bar however he/she chooses (stepping or jumping are both permitted). **HOWEVER, BOTH HANDS MUST BE OFF THE GROUND WHILE THE ATHLETE GETS OVER THE BAR.**

### **WOD 3: (Similar to 2013) Total time cap 13 minutes**

Part A:

**AMRAP 9 minutes:**

\*Run 150m shuttle

10 swings

5 pullups

\*Runs will be broken up into 25m lengths so they will do a down and back shuttle 3 times per round to total 150m.

Part B:

Then immediately into 3 rounds for time of the same. This means that at the **9-minute mark**, athletes will have to get back to the start point, no matter where they are when the AMRAP is done. Time will be rolling, so their time for Part B will be calculated starting at the **9-min mark**. If they finish at 12:02, that is their score for Part B.

KB weights:

70/53 for 35-49

53/35 for 50 and up

Scoring for the AMRAP portion: Each 150m run gets 12 points or reps. So each 25m gets 2 points. If athletes get past the halfway marker of a 25m length (it will be taped) they will get those 2 points. If they are not past the halfway mark when time is up, they don't get points for that 25m segment. Each round of the workout is 27 points (12 for run, 10kb, 5 pullup).

Score: 50% Time for total reps in **9 min.**

50% time for 3 rounds (we will use total time on the clock for ease of scoring)

\*KB Standards

KB must be upside down with bottom of bell pointed up and elbows fully locked out (arms straight) when overhead. Bell must break the plane of the body between the athlete's legs at the bottom of the rep. **\*If you drop the bell from above knees, you get an INSTANT 10-burpee penalty.**

\*Pull-ups require full extension at bottom with arms locked out in the hang position. Chin over horizontal plane at the top—does not need to be over bar, just higher than the top of the bar.

**We will provide J-cups for athletes to use to reach the bar should they need assistance.**

\*Runs—athlete must run AROUND a cone at the far end of each shuttle length and must get both feet on their floor mat at the near (rig) end of EACH length.

### **Mini wod 1: (similar to 2014)**

8-min time cap

MEN: Row 1000 meters, rest one minute, Row 500 meters.

WOMEN: Row 750 meters, rest one minute, row 500 meters.

*Score is total time, including rest. This workout counts as 50% of a full workout.*

Rowers will be programmed for the distance plus rest plus distance. Judges will not need to reset rowers but will record each time individually and the total time at the end.

## **SUNDAY**

### **Wod 4: Countdown Chipper**

**11-min time cap**

10, 8, 6, 4, 2 reps of:

Power Clean

Toes to Bar

Alternating Single Arm KB snatch

\*60 Double Unders plus Row 125m/100m in between each round, but NOT to start or finish. So the workout starts with power cleans and ends with KB snatches.

KB weights

53/35 for 35-54

35/25 for 55 and up we will use 25# DB's for women 55+)

Power Clean weights

35-39 135/185

40-49 125/175

50-54 115/165

55-59 105/155

60+ 85/135

\*Power Clean Standard: Bar must start on floor and end with elbows in front of the vertical plane of the barbell at the top, with hips and knees fully extended and shoulders above hips.

\*Bar must continue moving upwards once it leaves the ground, until it meets the shoulders. You cannot deadlift into a hang power clean.

\*It is OK to squat clean or muscle clean, as long as the other standards are met.

\*Toes to Bar Standard: Both feet (any part) must make contact with bar at the same time, inside your hands. Heels must break the plane of the bar behind the body at the bottom of each rep, including the first rep. Each rep must start with arms locked out in a dead hang.

\*KB snatch standard: Weight must touch the floor at the bottom and end up at the top with full extension overhead without touching any part of the body until the overhead position, when it should rest behind the athlete's wrist, on the back of the forearm. Arm must be completely locked out overhead, with the bell in line with the athlete's heels. The knees and hips must be fully extended with **SHOULDERS and KETTLE BELL** in line above hips (no extreme leaning with bell out super wide) and the KB resting on the extended arm. You **MUST** alternate arms, **and two hands cannot touch the bell at the same time when transferring**. If you fail a rep on one arm, you must redo that same arm before switching hands. Non-working hand cannot touch the bell or any part of your body during the movement. **\*If you drop the bell from above knees, you get an INSTANT 10-burpee penalty.**

\*Double Unders: Athletes must provide their own rope and can bring as many back-up ropes as desired. We will not provide any ropes at all.

### **WOD 5: RUN/BACK SQUAT (Similar to 2015)**

TIME CAP 8 MINUTES

**RUN 800m holding medball.** You must hold the medball the entire time you are moving but can hold it however you choose. If you need to rest with the ball on the ground, that is fine, but you cannot keep moving your feet forward unless you are holding the ball. We will have marshalls along the route to ensure that this standard is being met.

When the athlete crosses the run finish line, his/her judge will record the time and escort the athlete inside to his/her barbell station. The athlete will have 30 seconds between the completion of the run and when he/she is permitted to touch the barbell. **ATHLETES MUST WAIT THE FULL 30 SECONDS AND CANNOT START TO LIFT PRIOR TO THE COMPLETION OF THE 30-SECOND REST PERIOD.** Each athlete will be on his/her own clock with his/her judge keeping time.

Then:

AMRAP 2 minutes Back Squat from the floor.

Back squat weights:

35-39 105/155#

40-49 95/135#

50-54 75/115#

55-59 65/95#

60+ 55/75#

Medball weights:

35-54 14/20#

55+ 10/14#

\*Back Squats: Barbell comes from the floor. Athlete must squat the barbell from the back rack position. Hip crease must pass below top knees at the bottom, and hips and knees must open completely at the

top of each rep. We will be VERY strict on this standard, so be sure to make it obvious that you are standing up completely and opening your hips with every rep.

*Scoring: run time counts as 50% of a workout; back squat reps counts as 50% of a workout.*