



## *Ashland Trail Race and CrossFit Workout*

**Step 1:** Everyone Runs the 5K Trail Race

**Step 2:** Each team waits for their 3 teammates to arrive & then begin the CFR WOD's shown below

**Step 3:** Have fun doing the following CFR WOD's

### **EVENT #1 (15:00 cap)**

For time, as a team of 3, chipper style, one person working at a time while the other two rest:

- 300 Walking Lunge Steps (with a 20/14 Medball)
- 150 Push Ups
- 50 Strongman Sandbag Cleans (guys) / Sandbag Ground to Wall (ladies)

### **EVENT #2 (15:00 cap)**

For time, as a team of 3, partition as desired:

\*Notes: Teams will get 1 stubby bar, 2 x 10# plates + 2 x 5# plates, and 1 sled

- 90 Stubby Axle Bar Biceps Curls (Guys = bar + 10's; Ladies = bar + 5's)
- 90 Stubby Axle Bar Push Press (same loads)
- 3 x 90' Sled Drag (your team must drag one teammate at a time, sitting on the sled,
  - rotate teammates until each person has been dragged the 90' once, you may
  - have two teammates drag the sled at a time)
- 90 Stubby Axle Bar Push Press (same loads)
- 90 Stubby Axle Bar Biceps Curls (Guys = bar + 10's; Ladies = empty bar)

### **EVENT #3 (15:00 cap)**

For time, as a team of 3:

- 100 Synchronized Air Squats (\*except one person must be holding a Medball (20/14) at all times. Each drop of the Medball = 3 Synchronized Burpees)
- 50 Synchronized Burpees
- 5 Lengths of a Buddy Carry (teams can choose who carries whom, partner order does not have to rotate)

### **Event #4 - Plank, Drop, and Roll**

- ALL PARTICIPANTS in the CrossFit event hold a plank in one, long, shoulder to shoulder row. One end person will drop and do 1 roll to the side and then get back up in the plank. Then the next person follows suit, etc. Everyone tries to stay up until the last person has rolled. Yes this will be log rolls in the sand.