

2023 NOBULL CROSSFIT GAMES

AGQF TEST 3

AGQF TEST 3 // TASK PRIORITY

TIME | 30:00 LOADING | 4/5 SKILL | 4/5 VOLUME | 3/5

RX

For time:

50 shuttle runs (1 rep = 50 ft)
7 rope climbs
25 bench presses (125/185 lb)
7 rope climbs
50 shuttle runs (1 rep = 50 ft)

Time cap: 30 minutes

INTERMEDIATE

For time:

50 shuttle runs (1 rep = 50 ft)
5 rope climbs
25 bench presses (105/155 lb)
5 rope climbs
50 shuttle runs (1 rep = 50 ft)

BEGINNER

For time:

30 shuttle runs (1 rep = 50 ft)
7 rope climbs, lying to standing
25 bench presses (55/75 lb)
7 rope climbs, lying to standing
30 shuttle runs (1 rep = 50 ft)

SKILL WORK

2 sets:

:30 cobra stretch to downward dog
:30 doorway pec stretch/arm

GOALS

INTENDED STIMULUS

- ✓ 18:00-23:00.
- ✓ Longer endurance-based workout that forces you to perform a higher-skill gymnastics movement and a moderately heavy weightlifting exercise when you are exhausted.
- ✓ Finish the shuttle runs in 6:00 or less.
- ✓ Complete each set of rope climbs in 3:00 or less.
- ✓ Maintain sets of 5 reps or more on the bench press.

COACHING GOALS

- ✓ Get all athletes finished in under the 30:00 time cap.
- ✓ Teach athletes to lean back on each rope climb to help reduce the number of pulls it takes to climb the rope.
- ✓ Help keep athletes safe on the bench press. Be alert to athletes that are reaching fatigue, and be available to spot if needed.
- ✓ Show athletes how to change direction quickly on the shuttle run and encourage them to keep moving on the straightaways.

SCALING

OVERVIEW

- To scale the shuttle run in today's workout, first look to adjust the total number of reps to keep the athlete within the intended time domain.
- On the rope climbs, if an athlete is able to perform a rep or two, but the volume of the Rx'd workout is beyond their capacity, look to adjust the reps. This will allow them to practice and get better at the movement. You could also consider reducing the height of the rope climb as a potential scaling for athletes.
- Adjust the loading of the barbell.

Consideration for athletes not competing in Quarterfinals

- If the availability of equipment is a concern, look to have athletes partner up when they get to the rope or the bench press. Naturally, athletes are going to have to rest during these movements, so by partnering up, one athlete works while the other rests. You can also utilize the partner variation of the workout written below.

MOVEMENT SCALING OPTIONS

Shuttle run | Reps, bike, row.

Rope climb | Reps, lying to standing.

Bench press | Load, DB bench press, DB floor press.

LOGISTICS

LIMITATIONS

Partner option

For time with a partner:

50 shuttle runs (1 rep = 50 ft) (run together)

10 rope climbs (one athlete works at a time)

50 bench presses (125/185 lb) (one athlete works at a time)

10 rope climbs

50 shuttle runs (1 rep = 50 ft)

Time cap: 30 minutes

50 shuttle-runs substitutions | 50/70 calorie bike (Echo, C2, or Assault) or calorie row.

OTHER CONSIDERATIONS

Whiteboard Brief: 0-3

General: 3-9

Specific: 9-23

Break: 23-25

Workout: 25-55

Cooldown: 55-60

- Be sure to plot out the shuttle run before class starts. If space for the shuttle runs is a concern, mark out 25 feet instead of 50. If using the 25 ft target, it is important to remember that an athlete must now go down and back to complete one repetition.
- Prior to starting class, prepare bench-press stations along with empty barbells. This will cut down on setup time in the middle of class.

WHITEBOARD BRIEF ESTIMATED TIME = 3:00

Target time | 18:00-23:00.

- This is the third workout of the Age Group CrossFit Quarterfinals. It is a longer endurance-based workout that forces you to perform a higher-skill gymnastics movement and a moderately heavy weightlifting exercise when you are exhausted.
- Expect your legs to be tired when you get to the rope. Because of all the crouching and turning, your quads are going to be more fatigued than you think. Remember to reach up as high as you can on the rope and to bring your knees toward your elbows on every pull. The fewer pulls it takes to complete a rope climb, the less fatigued the legs will be and the less worn out the shoulders will be before starting the bench presses.
- Do not push to failure on the bench presses. Once you do, there is no coming back. Stick with manageable sets with small calculated breaks. Do not get caught looking at the barbell for too long. Remember, you have work to do!
- At this point, the second set of rope climbs will be more challenging because your shoulders will feel like boulders. Focus on utilizing your legs more since they will have had time to recover. Ensure a secure foot hook on each pull to minimize any slipping (which will only cause extra pulling and more fatigue).
- The last set of shuttle runs is all a gut check. Focus on a quick change of direction and do not walk. The finish line is in sight. Look for the light.

DEMO VIDEOS

ROPE CLIMB TIPS

ROPE CLIMB FOOT POSITION

BENCH PRESS TECHNIQUE

BENCH PRESS SETUP

COBRA STRETCH-DOWN DOG

DOORWAY PEC STRETCH

ROPE CLIMB SCALING

GENERAL WARM-UP ESTIMATED TIME = 6:00

AT A GLANCE

- ✓ Demonstrate each warm-up movement (this should take 2:00 or less) and then allow athletes to move independently.
- ✓ Athletes need to move at a quick warm-up pace that prepares them for a full range of motion and elevates their heart rate a little bit.
- ✓ Focus on helping athletes meet the shuttle-run standard.
- ✓ Beginner athletes should choose a lower bar that allows them to use more of their legs in the jumping pull-up.
- ✓ By or before the 10:00 mark, you should be moving toward the specific warm-up.

SPECIFIC MOVEMENT WARM-UP AND PREP | 6:00

- Have athletes keep cycling through as many rounds as possible for 4:00 clock.

On a 4:00 clock:

- 1 shuttle run
- 5 push-ups to down dog
- 5 jumping pull-ups

SPECIFIC WARM-UP ESTIMATED TIME = 14:00

AT A GLANCE

- ✓ Prior to starting each step in the rope-climb progression, demonstrate the movement and then give athletes the chance to practice.
- ✓ Focus on helping athletes watch their feet until they secure the foot lock. Don't start trying to stand until the feet are completely locked.
- ✓ Encourage all athletes to practice the rope-climb progression. If an athlete reaches a step in the progression they can not perform, have them return to their last successful step.
- ✓ Give athletes no longer than 1:00 of practice at each progression.
- ✓ After finishing the rope-climb practice, have each athlete find a pre-assembled bench-press station. If athletes need to partner up because of equipment availability, have them work with someone of similar ability.
- ✓ After the set of 10 reps with the empty barbell, have athletes continue to build up in weight with the remaining sets. The goal is to find each athlete's workout weight.

ROPE CLIMB PROGRESSION AND PRACTICE | 6:00

Progression // Focus

- 1) Lying to standing // Pulling strength
- 2) Hang + foot-lock // Able to hold body weight while athlete establishes foot-lock.
- 3) Footlock + 1 pull // Stand up on a secure foot-lock then reach as high as possible for the next pull. Then establish the next foot-lock.
- 4) Rope climb practice or scaling practice

BENCH PRESS PRACTICE AND LOADING | 8:00

- After the set of 10 empty barbell reps, athletes should continue to add weight up to their workout weight.

1 set:

- 10 bench presses (empty barbell)
- 8 bench presses
- 6 bench presses
- 4 bench presses

1 set:

- 1 shuttle run
- 1 rope climb
- 1-5 bench presses

BREAK ESTIMATED TIME = 2:00

WORKOUT ESTIMATED TIME = 30:00

AT A GLANCE

- ✓ Pay close attention to the shuttle-run standard: At each turnaround, both feet and one hand must touch the ground over the line before the athlete returns. Encourage athletes to make quick turns on the shuttle runs and to keep moving on the straightaways. We want athletes to avoid walking, but if that is what needs to happen for them to keep moving then so be it.
- ✓ Look at an athlete's feet as they climb the rope. We want to ensure that the foot hook is secure and that the athlete is not losing ground on the rope. The athlete should use their feet to pinch the rope tight and secure the hook. If there is too much slack or the feet are loose, the athlete will lose valuable height on the rope.
- ✓ On the bench press, be sure an athlete's feet are able to reach the ground when they are laying on the bench. Having contact with the floor allows the athlete to drive through their legs on each rep. Remember that the bench press is not just an upper-body exercise. If necessary, you can place a bumper plate under an athlete's feet to raise the floor up.
- ✓ Be available and alert to athletes reaching fatigue on the bench press. This means being prepared to help an athlete re-rack the barbell to help them avoid getting stuck under the bar. If athletes are working in partners, the resting partner should be prepared to help.

LOOK FOR

Shuttle run

- 1) Slow turnarounds.

Rope climb

- 1) Feet slipping on the rope.
- 2) Too many pulls to get up the rope.

Bench press

- 1) Elbows flaring out to the side.
- 2) Coming up on the toes.
- 3) Hips losing contact with the bench.

CUES

Shuttle run

- 1) Start the turnaround just before getting to the line and turn the head and shoulders quickly.

Rope climb

- 1) Cue the athlete to pull the rope in tight against the other foot. Reduce the slack against the foot.
- 2) Cue the athlete to bring their knees to their chest and lean back on their next pull.

Bench press

- 1) Cue the athlete to bring their elbows in tight to their sides.
- 2) Cue the athlete to drive their heels into the ground.
- 3) Cue the athlete to keep their butt on the bench.

COOLDOWN

ESTIMATED TIME = 5:00

AT A GLANCE

- ✓ Give athletes an opportunity to recover after the workout.
- ✓ Record scores and celebrate the completion of the fourth Quarterfinal test.
- ✓ Celebrate athletes who did something in today's workout that they never thought was possible.
- ✓ Start a clock and demonstrate the stretches in the cool-down.
- ✓ Have athletes move through the stretches at their own pace as you move through the class and check in with your athletes.

STRETCHING | 5:00

2 sets:

:30 cobra stretch to downward dog

:30 doorway pec stretch/arm