



FINALS 2019

ARENA 3 - 'THE CONCEPT SPRINT'

WORKOUT DESCRIPTION

for all categories

ARENA 3 - 'THE CONCEPT SPRINT' - WORKOUT DESCRIPTION

FOR TIME (TIME CAP 7:00 MIN)

ELITE

BIKE ERG SPRINT 1500/1000
SKI ERG SPRINT 1000/1000

ADVANCED

BIKE ERG SPRINT 1500/1000
SKI ERG SPRINT 1000/1000

SCALED

BIKE ERG SPRINT 1500/1000
SKI ERG SPRINT 1000/1000

The Athlete starts standing to the left of the Bike. At the Buzzer the athlete may step on the bike and start a 1500 meter (Man) or 1000 (Woman) sprint. Upon completing this distance, the athlete has to switch to the Ski Erg and perform a 1000 meter sprint. The ski erg distance for both men and women are equal.

SCORE

The athlete's score is the time needed to complete both the Bike Erg and Ski Erg sprint.

TIME & JUDGING

This workout will be timed digitally. Marshalls will assist the athlete with their setup and look after a fair race. The head-judge will be having the final decision.

SCORE CARDS

Scorecards are available on the last pages of this document which is also available for download on the Arena Throwdown website; www.arenathrowdown.com It is not needed to print and bring a copy of the scorecard. The Marshalls will not the final times to a scorecard.

SUPPORT

In case you have any questions on the workouts, this guideline or the event in general, we welcome you to send us an email at info@arenathrowdown.com

MOVEMENT STANDARDS

START

The Athlete Must stand on the left of his or her BikeErg before the start of the Buzzer. It is not allowed to touch the BikeErg and the Peddals may not move

BIKE ERG

Before the workout it is allowed to adjust the BikeErg Settings to your liking.

SKI ERG

Before the workout it is allowed to adjust the SkiErg Settings to your liking.