

BUFFEL THROWDOWN WORKOUTS 2024



WORKOUT 3

RX WOMEN	INTER WOMEN	SCALED WOMEN
<p>FOR TIME (TC 12')</p> <ul style="list-style-type: none"> ● 1600m skierg + 8 sled drag lanes* (each 4) <p>*Switch every drag lane</p> <p>Into</p> <ul style="list-style-type: none"> ● 40m hs walk to the finish line (dayw)* *10m sections not unbroken 	<p>FOR TIME (TC 12')</p> <ul style="list-style-type: none"> ● 1600m skierg + 8 sled drag lanes* (each 4) <p>*Switch every drag lane</p> <p>Into</p> <ul style="list-style-type: none"> ● 40m plate overhead lunges 15kg *10m sections unbroken 	<p>FOR TIME (TC 12')</p> <ul style="list-style-type: none"> ● 1600m skierg + 8 sled drag lanes* (each 4) <p>*Switch every drag lane</p> <p>Into</p> <ul style="list-style-type: none"> ● 40m plate overhead lunges 10kg *10m sections unbroken

*Weights/categorie can change

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Weight of the sled is a surprise

FLOW AND MOVEMENTS STANDARDS

A short briefing will be conducted before the start of each heat to cover the flow and points of attention and ensure a smooth workout. You can already find some key points of attention below. If there are any changes to the workout flow or movement standards on the competition day, the instructions and standards provided on the competition day will take precedence. This document serves as a guideline.

BUFFEL THROWDOWN WORKOUTS 2024



Starting Position:

- Both athletes start behind the ski erg and sled.

At the start signal:

- Athlete A begins on the ski erg. Athlete B dragged the sled to the other end. The sled must completely cross the designated line for the repetition to count.
- After completing the sled drag, Athlete B runs back to the ski erg to switch with Athlete A.
- Athlete A then runs to the other end, takes the sled, and drags it back.

Switching Stations:

- Athletes switch stations each time the sled is pulled to the other end.
- Athletes can only switch at the ski erg, not in the middle of the field.
- They continue switching until each athlete has completed 4 sled pulls.

Finishing Ski erg Meters:

- If the required ski erg meters are not completed by the time both athletes have each completed 4 sled drags, they may work together to finish the remaining meters on the ski erg.
- If the ski erg is done faster than the sled drag, the athlete on the ski erg has to wait on the ski until the sled drag is done by the other athlete, he/she can't help to finish the sled drag.

Transition to Final Movements:

- Once both, the sled drag and ski erg meters are completed, the athletes record a tiebreak time.
- Both athletes then run to the other side of the area to start the 40-meter handstand walk (RX category) or overhead lunges (inter and scaled category). Athlete's of the inter/scaled category don't forget to take the right plate from the sled to the other side to perform the overhead lunges.

Handstand Walk/ Plate overhead Lunges:

- The 40-meter field is divided into 10-meter sections.
- RX men and all categories performing overhead lunges must complete each 10-meter section unbroken.
- RX women are not required to complete the 10-meter sections of the handstand walk unbroken.
- The movement is complete when both athletes reach the designated line.
- After completing the handstand walk or overhead lunges, both athletes run back to the starting point near the ski erg.
- The time stops when both athletes reach the ski erg.

BUFFEL THROWDOWN WORKOUTS 2024



Ski erg

- The ski erg will be pre-set and calibrated. Athletes are not allowed to adjust any settings in the monitor.
- Athletes can choose their damper setting.

Sled drag

- The sled will be equipped with drag straps and handles.
- The only allowable method to drag the sled is by placing the hands in the drag straps and positioning the straps over the shoulders.
- The drag must be performed facing forward, walking forward.
- Each hand must hold one handle; the straps must not be knotted or altered in any way.
- The sled must completely cross the designated line for the repetition to count.

Handstand walk

- The 40-meter field is divided into 10-meter sections.
- Athletes must start with both hands behind the starting line of their current section.
- Athletes complete the movement when their hands cross the designated end line of the final 10-meter section.
- RX men must complete each 10-meter section unbroken. If RX men fall or break within a 10-meter section, they must restart that section from the beginning.
- RX women may complete the sections in increments and are allowed to switch and resume from where they stopped. The athlete resumes the handstand walk from the marked point as indicated by the judge.
- Athletes may switch or rest between sections as needed.

Plate overhead lunges

- The 40-meter field is divided into 10-meter sections.
- Athletes must complete each 10-meter section unbroken.
- Athletes must use the specified weight plate for their category.
- The athlete starts with the plate held overhead with both hands, the plate must be overhead every rep..
- Feet must be behind the starting line.
- Each lunge step begins with the plate in the appropriate position, feet together, and hips and legs extended.
- The trailing knee must make contact with the ground at the bottom of each lunge before returning to full hip and leg extension.
- The rep is credited when the feet are together and the hips and legs are fully extended.
- Stopping with both feet together at the top of each rep is not required, but both legs must be fully extended if the athlete chooses to step through at the top.
- The plate must remain overhead throughout the movement.
- The athlete completes the movement when both feet fully cross the designated end line with the plate overhead.

BUFFEL THROWDOWN WORKOUTS 2024



SCORE WORKOUT 3

- Tie break time after completing the sled drag + ski erg.
- Total time when both athletes are back to the start position or total completed reps if athlete's can't finish the workout within the timecap (12')