

LONDON THROWDOWN 2013 WODS

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Individual Male/ Female			Masters Male/ Female		
WOD 1	SCORE METHOD	NOTES	WOD 1	SCORE METHOD	NOTES
ROW 1KM	Time: min:sec		ROW 1KM	Time: min:sec	
WOD 2			WOD 2		
10 min Amrap	Total Reps		10 min Amrap	Total Reps	
12 Down ups			12 Down ups		
18 KB Swings @24/16KG			18 KB Swings @24/16KG		
24 Unbroken Double Unders			24 Unbroken Double Unders		
WOD 3			WOD 3		
A) 90s max effort pull ups	Max unbroken Reps	Max unbroken pull ups	A) 90sec max effort pull ups	Reps	Max unbroken pull ups
B) 90s max handstand hold	Time: min:sec	Longest attempt	B) 90s max handstand hold	Time: min:sec	Longest attempt
C, D) In 8 min 3 Cleans for total weight and 3 Snatches for total weight	Total weight: kg Total weight: kg	Clean total and Snatch total will be scored separately but must be competed within the same 8 minutes	C, D) In 8 min 3 Cleans for total weight and 3 Snatches for total weight	Total weight: kg Total weight: kg	Clean total and Snatch total will be scored separately but must be competed within the same 8 minutes
WOD 4			WOD 4		
Shuttle Sprint	Time: sec:msec		Shuttle Sprint	Time: sec:msec	
DAY 2					
WOD 5			WOD 5		
3 OH Squat @70/45kg, 3 sprawls, 3 OH Squats, 6 Sprawls, 3 OH Squats, 9 Sprawls, 3 OH Squats, 12 sprawls, 3 OH Squats 15 sprawls THEN 4 Alternating Split Jerk @70/45kg, 4 Squat bar jumps, 4 Alternating Split Jerk, 8 Squat bar jumps, 4 Alternating Split Jerk, 12 Squat bar jumps, 4 Alternating Split Jerk, 16 Squat bar jumps, 4 Alternating Split Jerk, 20 Squat bar jumps	Total Time: min:sec	Time cap 13 minutes. 20s penalty for uncompleted reps	3 OH Squat @55/35kg, 3 sprawls, 3 OH Squats, 6 Sprawls, 3 OH Squats, 9 Sprawls, 3 OH Squats, 12 sprawls, 3 OH Squats 15 sprawls, 4 Alternating Split Jerk @55/35KG, 4 Squat bar jumps, 4 Alternating Split Jerk, 8 Squat bar jumps, 4 Alternating Split Jerk, 12 Squat bar jumps, 4 Alternating Split Jerk, 16 Squat bar jumps, 4 Alternating Split Jerk, 20 Squat bar jumps	Total Time: min:sec	Time cap 13 minutes. 20s penalty for uncompleted reps
CUT TO 48 MALE INDIVIDUAL, 36 FEMALE INDIVIDUAL, 14 MALE MASTERS, 10 FEMALE MASTERS					
WOD 6			WOD 6		
90 Wall Balls 9kg/7kg to 10ft	For time: min:sec	20 miunte time cap, 20s penalty for uncomplted reps	90 Wall Balls 9kg/7kg to 10ft	For time: min:sec	20 miunte time cap, 20s penalty for uncomplted reps
70 KB Snatches (35 each arm)			70 KB Snatches (35 each arm)		
50 Over the box jumps @ 24/20"			50 Over the box jumps @ 24/20"		
30 Toes to Bar			30 Toes to Bar		
10 Muscle Ups			5 Muscle Ups (Male masters)/ 10 ring dips (Female Masters)		
CUT TO 12 MEN, 12 FEMALE, 7 MALE MASTERS, 5 FEMALE MASTERS - FINALS WOD's WILL BE RELEASED ON THE DAY					