

S11 - WOD 2

"WHEN I COME AROUND"

FOR TIME

21-15-9

DEADLIFT (185/135#)

SB SPRINT



Deadlift

- Barbell travels from ground to full hip and knee extension then returns to the starting position.
- Shoulders behind the bar at the top.
- No bouncing reps.

SB Sprint

- Approx 60m sprint on grass.
- Sandbag starts and finishes in the designated mat area *on the ground*.
- Athletes cannot pick up the bag until their teammate returns (coed div)
- Athletes cannot hand the bag to their teammates (mm/ff).

Overview

Athlete 1 (A1) performs 21 deadlifts, grabs the SB and runs immediately. While A1 is running, A2 performs their set of 21 deadlifts. If the bag is back, A2 can pick it up and run. If the bag is not back, A2 must wait for A1 to return. A3 can begin their 21 deadlifts when A2 is finished. The WOD proceeds through the rounds of 15 and 9 reps. Athletes cannot overlap each other during this workout.