

# 1<sup>st</sup> Annual HWSA Spartan Race

Saturday 8/29/20

Course walk-through at 6:00a / Start time 6:30a



- The race will start at the pool entrance gate
- Athletes will run to Station 1 using the pathway
- At Station 1
  - RD 1: athletes must complete 50 burpees w/ push-up
  - RD 2: athletes must complete 25 burpees w/ push-up



**Figure 1 - Station1**

- Run to Station 2
- At Station 2
  - RD 1: athletes must complete 50 sit-ups
  - RD 2: athletes must complete 25 sit-ups



**Figure 2- Station 2**

- Run to Station 3
- At Station 3
  - RD 1: athletes must climb up blue ladder and then pick a slide to come down on 10 times
  - RD 2: athletes must climb up blue ladder and then pick a slide to come down on 5 times



**Figure 3- Station 3**

- Run to Station 4
- At Station 4
  - Both Rounds, athletes must do zipline twice. After 1<sup>st</sup> rep, athletes must run up the hill & around the red cone to get back to zipline for their 2<sup>nd</sup> rep



**Figure 4- Station 4**

- Run to Station 5
- At Station 5
  - RD 1: athletes must perform 30 knee up crunches
  - RD 2: athletes must perform 15 knee up crunches



**Figure 5- Station 5**

- Run to Station 6
- At Station 6
  - RD 1: athletes must do 40 tricep presses
  - RD 2: athletes must do 20 tricep presses



**Figure 6- Station 6**

- Run to Station 7 – the pool
- At Station 7
  - Swim a 400 Free both rounds



**Figure 7 - Station 7 & Finish**

Once athletes complete round 1, they go right into round 2.

Estimate time will be 1 hour to complete the whole race.

The race is finished once the athlete completes their 2<sup>nd</sup> 400 freestyle in the pool. Then, and only then, can the athlete **become a true HWSA Spartan Athlete!**