



Summer 2021

DECATHLON

Event 1: ¼ mile run + 25 Dumbbell Lunges

(TBW*: W**20% / M30%)

Event 2: ¼ mile run + 20 Plyo box Jumps (or) Step Overs

Event 3: ¼ mile run + 25 Medball Set Ups

(W 10lbs / M 14lbs)

Event 4: ¼ mile run + 25 Lat Pull Downs

(TBW: W30% / M50%)

Event 5: ¼ mile run + 500 m Row

Event 6: ¼ mile run + 200 m DB Farmer's Walk

(TBW: W30% / M50%)

Event 7: ¼ mile run + 25 SB Over the Shoulders

(W 30lbs / M 50lbs)

Event 8: ¼ mile run + 25 DB Thrusters

(TBW: W20% / M30%)

Event 9: ¼ mile run + 25 Med Rows

(TBW: W30% / M50%)

Event 10: ¼ mile run + 25 Burpees



Complete Decathlon As Prescribed



Instead of running, complete cardio of choice for 2 min



No running or preceding cardio