**F3 ENC SASQUATCH CSAUP**

Format

Workout 1

3.5 miles

Workout 2

1.5 miles

Workout 3

.5 mile

Workout 4

1 mile

Workout 5

3.5 miles to finish

5 workouts (around 50 minutes), 10+ miles

We will have two divisions for runners and ruckers and each will have their separate beatdowns.

\*Ruckers, you will need to use your ruck for the workouts.

\*GORUCK Star Course Weight Standards:

Over 150 lb. = 20 lb. ruck plate

Under 150 lb. = 10 lb. ruck plate

There will be two sets of winners, one for the Run division and one for the Ruck division. The winners are decided by overall time.

**\*NO OYO! This is a partner CSAUP. You need to do it with one other HIM to hold you accountable for rep quality, quantity, and to push one other. Start together and finish together. The overall time it takes both of you to finish is what needs to be recorded.**

When: July 1 – August 1, 2020

Where: Virtually or in Greenville, NC on August 1st. Ruckers launch at 0500. Runners launch at 0600.

Sign Up Here: [Sasquatch 2020](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdocs.google.com%2Fspreadsheets%2Fd%2F1C4YmAadElsPTV1Wy83Mm-yuXm2QrYW1Ho3Uer2ba7K0%2Fedit%3Fusp%3Dsharing&data=02%7C01%7CCAVANAUGHB%40ECU.EDU%7C499337c32d114fa0fedb08d81c1c9bce%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637290256487473186&sdata=dzyvOJobHW3AQN4VQJSWX8sp2jvcamTfbx%2FhCqpWdsw%3D&reserved=0)

Cost is $10. PayPal to greenvillenc@f3nation.com

<https://www.paypal.me/F3ENC>

Make sure you indicate which division you are participating in.

Upon completion, one person from your team of 2 needs to record your time in this same google doc.

Post your time to Twitter as well using #f3encsasquatch2020 w/ something verifying mileage and overall time. We understand that Strava and some fitness watches have auto-pause features, so you’ll need to make sure your overall time is captured accurately.

Every finisher will receive two patches. Cost covers patches and shipping. All profits go to local charity and the F3 foundation.

**F3 ENC Sasquatch – RUN DIVISION WORKOUTS**

**Start at #TheCommons (Town Commons)**

**WORKOUT #1 – courtesy of HELLO KITTY (F3 CARPEX and Q of CULTURE FOR F3 NATION)**

<https://twitter.com/F3Carpex>

<https://twitter.com/F3Nation>

Setup: 100 yards marked off

10 merkins, Run 100 yards

10 squats, Run 100 yards

10 LBCs, Run 100 yards

10 burpees, Run 100 yards

10 LBCs, Run 100 yards

10 squats, Run 100 yards

10 merkins, Run 100 yards

10 squats, Run 100 yards

10 LBCs, Run 100 yards

10 burpees, Run 100 yards

10 LBCs, Run 100 yards

10 squats, Run 100 yards

10 merkins, Run 100 yards

**RUN 3.5 miles to #TheSchoolYard (E.B. Aycock Middle School)**

**WORKOUT #2 – courtesy of F3 Greenwood 2019 Iron Pax Challenge Winner SMOKEY (F3 NAPERVILLE)**

<https://twitter.com/F3Naperville>

Setup: Box marked off 10 yards per side

Burpees and Bears...in a Box

Corner 1: 10 burpees, bear crawl to corner 2

Corner 2: 9 burpees, bear crawl sideways to corner 3

Corner 3: 8 Burpees, Crawl Bear to corner 4

Corner 4: 7 Burpees, bear crawl sideways to corner 1

Corner 1: 6 burpees, bear crawl to corner 2..... rinse and repeat for burpee counts 5, 4, 3, 2 and 1

Note: For bear crawls, face the same way the whole time so you get to work the left and right side crawls.

**RUN 1.5 miles to the #CoopsStronghold (ECU Football Stadium)**

**WORKOUT #3 – courtesy of F3 Greenwood 2018 Iron Pax Challenge Winner BOB THE BUILDER (F3 CAPE FEAR)**

<https://twitter.com/f3capefear>

Setup: 25, 50, 75, and 100 yard distances marked off

Red Barchetta: (all in single count)

Run 100 yards, 100 side straddle hops, run back, 100 side straddle hops

Run 75 yards, 75 mountain climbers, run back, 75 mountain climbers

Run 50 yards, 50 LBCs, run back, 50 LBCs

Run 25 yards, 25 merkins, run back, 25 merkins

Run 10 yards, 10 burpees, run back, 10 burpees

Captain America (it's a spinoff of Captain Thor)

1:4 ratio – burpees : lateral bunny hops (jump side to side over parking lot line or invisible line)

1 burpee : 4 lateral bunny hops

2 burpees : 8 lateral bunny hops

3 burpees : 12 lateral bunny hops

4 burpees : 16 lateral bunny hops

5 burpees : 20 lateral bunny hops

6 burpees : 24 lateral bunny hops

7 burpees : 28 lateral bunny hops

8 burpees : 32 lateral bunny hops

9 burpees : 36 lateral bunny hops

10 burpees : 40 lateral bunny hops

**RUN .5 mile to #RunStrong (Elm Street Park)**

**WORKOUT #4 – courtesy of DARK HELMET (F3 THE FORT AND PRESIDENT of F3 NATION)**

<https://twitter.com/F3theFort>

<https://twitter.com/F3Nation>

Setup: none

Complete the following exercises flip flopping with partner.

* Jump Squats 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
* Merkins 20, 18, 16, 14, 12, 10, 8, 6, 4, 2

Partner 1: 10 jump squats

Partner 2: 20 merkins

Partner 1: 20 merkins

Partner 2: 10 jump squats

Partner 1: 9 jump squats

Partner 2: 18 merkins

Partner 1: 9 jump squats

Partner 2: 18 merkins

Partner 1: 8 jump squats

Partner 2: 16 merkins

Partner 1: 16 merkins

Partner 2: 8 jump squats

…

Continue to 1 jump squat and 2 merkins

**RUN 1 mile to Green Springs Park**

**WORKOUT #5 – courtesy of LANCELOT (F3 SUNCOAST)**

<https://twitter.com/F3Suncoast>

Setup: 50 feet marked off

Jackob’s Ladder format

Complete 4 Rounds of the following exercises:

* Side Straddle Hops (single count)
* 8 Count Body Builders (Burpee with plank jack – down, merkin, plank jack, jump up)
* Big Boy Sit Ups (stand up sit ups) <https://www.youtube.com/watch?v=panVpr1Dz68>
* American Hammers (single count)
* Flutter kicks (single count)

Round 1: 5 reps each

Round 2: 10 reps each

Round 3: 15 reps each

Round 4: 20 reps each

After completing 4th round:

* Bear Crawl 50 feet, Reverse Bear Crawl Back

**RUN 3.5 miles back to #TheCommons to the finish**

**F3 ENC Sasquatch – RUCK DIVISION WORKOUTS**

**Start at #TheCommons (Town Commons)**

**WORKOUT #1 – courtesy of GOBBLER (F3 TACOMA/F3 PITTSBURGH)**

<https://twitter.com/f3_tacoma>

<https://twitter.com/F3Pittsburgh>

Setup: none

10 Rounds of the following:

10 reps of ground to overhead with the ruck (one rep is lifting the ruck from the ground to overhead with elbows locked out)

10 reps of rucksack get-ups (one rep is place ruck on front, lay on back and stand up, then lay back down)

**RUCK 3.5 miles to #TheSchoolYard (E.B. Aycock Middle School)**

**WORKOUT #2 – courtesy of MAJOR PAYNE (F3 THE CAPITAL)**

<https://twitter.com/F3TheCapital>

Setup: none

Payne Box: Two Rounds. Cut reps by half in the second round.

10 x Ruck Get-Ups ---->---->----- 20 x Bearcrawl ---->------>----- 10 x Ruck Manmakers

|                                                                                                                                     |

|             5 x Ruck Get-Ups--->--10 x Bearcrawl -->--->---5 x Ruck Manmakers           |

^                    |                                                                                          |                     v

|                    ^                                                                                         v                     |

|                  |                                                                                          |                   |

10x                |                                                                                       10 x                 20x

Ruck             5x                                                                                      Ruck             Ruck

Lunge          Ruck                                                                                  Flop             Flop

Walk            Lunge                                                                                   |                   |

|                   Walk                                                                                     v                   |

^                    |                                                                                         |                   v

|                    ^                                                                       5 x Overhead              |

|             10  x Ruck Squats---<----10 x Ruck Drag ---<------<-- Ruck Sit-Ups               |
|                                                                                                                                     |

20 x Ruck Squats -----<-----<--20 x Ruck Drag ---<-----<--10 x Overhead Ruck Sit-Ups

[10 x Ruck Get-Ups:](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DjOABB43c8mQ&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833751820&sdata=6ja9LkyrGiIhz1CPykieFIHcrYiwuA9svgBrUywdDy0%3D&reserved=0) Start Position is on Ground. Each Get-Up = 1 Rep

[20 x Ruck Bear Crawl](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTr0UeRv-mIc&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833756810&sdata=AKF93HcnVLrpJ1M%2B%2BvZWDzkXJO2b26DrQVOgiLGFPfk%3D&reserved=0): Ruck on Back. Each Arm Movement Forward = 1 Rep

[10 x Ruck Manmaker](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DTNdH0A63rvE&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833761796&sdata=YApxSoa5SvkWu0MLkx%2Bl8rFRYC5FIGxz4H2pzHk7hM0%3D&reserved=0): 1 Rep = Plank, Merkin, Right Shoulder Tap, Merkin, Left Shoulder Tap, Merkin, Recover.

[20 x Ruck Flop](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DN3eoa6qHUTo%26list%3DPLC2Z17iH9hQHGQSxJo-u-PyIwEH-9WFCW%26index%3D17&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833766792&sdata=Mh0akypGs2aj7Mx9P%2Fi1lz%2FLLyaTiEdy6Zkc031q7Ik%3D&reserved=0): Army High Crawl. Each Ruck Flop = 1 rep

[10 x Overhead Ruck Sit-Ups:](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DZGCV0YyJAy8%26list%3DPLC2Z17iH9hQHGQSxJo-u-PyIwEH-9WFCW%26index%3D9&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833771781&sdata=bf%2FKbhST6eg6OeH448UO8%2B9CfN08eDMLkrRt9cYWtYQ%3D&reserved=0) Rep Starts and Finishes with Ruck Overhead on Ground

[20 x Ruck Drag](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DLwoh_V9Yhq8&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833776773&sdata=W1KZnX7mpKlABGKHtqFVkl5JnAO0YULadgtVhQ1Spdk%3D&reserved=0): Drag Ruck. Each Arm Movement Forward = 1 Rep (i.e., Left Arm, Then Right Arm = 2 Reps)

[20 x Ruck Squats](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DdIb84iLh4z8&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833776773&sdata=jgS1P9rKdNm2eaPetKqt9FcI1HcDbJRe1NKC71HPTVs%3D&reserved=0): Go Deep!

[10 x Ruck Lunge Walk](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DXPsv9Q_Ky8E&data=02%7C01%7Ccavanaughb%40ecu.edu%7C672bf5d67e724384f3ad08d81630bab9%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637283745833781762&sdata=3LoeyImrryjjCQLPIv8bH0wwr%2B8RbJ%2FoOcEFQf2nNh0%3D&reserved=0): Knee Should Kiss the Ground Each Step.  1 Step = 1 Rep.

**RUCK 1.5 miles to the #CoopsStronghold (ECU Football Stadium)**

**WORKOUT #3 – courtesy of 529 (F3 PUGET SOUND)**

<https://twitter.com/F3PugetSound>

Setup: none

2 Rounds of the following:

* 1 minute ruck low plank
* Squirrels x 15
* 4 count flutters (ruck 6” above chest) x 30
* Ruck merkins x 10
* Thruster squats x 15
* 1 minute ruck high plank

Notes:

* Squirrel = Squat + Curl. Starting position = same as squat, holding your ruck with by the straps @ the connection points w/ arms down (in front of your waist). Do a full squat, and when you return to standing do a full curl with your ruck.
* Each time you break a ruck plank, you earn 5 extra burpees at the end of this segment. Yes, with your ruck on.

**RUCK .5 mile to #RunStrong (Elm Street Park)**

**WORKOUT #4 – courtesy of KILO (F3 LOUISVILLE)**

Setup: none

125 Thrusters, GO!!! (holding ruck in front, Squat and Press overhead locking arms out at top)

**RUCK 1 mile to Green Springs Park**

**WORKOUT #5 – courtesy of EMMET (F3 Kansas City)**

Setup: none

The Ruckivator

Reps similar to a motivator - 10 reps down to 1.  (i.e. 10, 9, 8, 7, etc.)

* Louganis LBC (On your six, start with ruck on ground above head and legs on ground. Bring legs to 90 degrees and crunch torso up while bringing ruck overhead)
* Chest Press (On your six press ruck from chest, straight up) - [https://www.youtube.com/watch?v=N9L3sXGXobI](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DN9L3sXGXobI&data=02%7C01%7Ccavanaughb%40ecu.edu%7C82b3ad90eecb42bd06cd08d81770fc0a%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637285121317987513&sdata=3poYs3x2PwTOrkJR8tYJQq35B1TARQYD312MIbmHawc%3D&reserved=0)
* Skull Crusher - [https://www.youtube.com/watch?v=CxTsL3AYRzk](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DCxTsL3AYRzk&data=02%7C01%7Ccavanaughb%40ecu.edu%7C82b3ad90eecb42bd06cd08d81770fc0a%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637285121317987513&sdata=yMTxs8pXWyvWZD9GM4%2BsVCnZLfy8PTQg1Bt67scXEng%3D&reserved=0)
* Bent Over Row - [https://www.youtube.com/watch?v=ipwg0gg2bIc](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3Dipwg0gg2bIc&data=02%7C01%7Ccavanaughb%40ecu.edu%7C82b3ad90eecb42bd06cd08d81770fc0a%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637285121317997505&sdata=N6wHjBbfHy9ZnsTJv3K5PUZytvOfKL4c38qtQhDVrUw%3D&reserved=0)
* High Pull - [https://www.youtube.com/watch?v=eRc\_5Dqep64](https://nam02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.youtube.com%2Fwatch%3Fv%3DeRc_5Dqep64&data=02%7C01%7Ccavanaughb%40ecu.edu%7C82b3ad90eecb42bd06cd08d81770fc0a%7C17143cbb385c4c45a36ac65b72e3eae8%7C1%7C0%7C637285121317997505&sdata=lMI3M7ZlZGqXJNvPNfB5DI7RTD0Znuc8gsca1ljwcf4%3D&reserved=0)

**RUCK 3.5 miles back to #TheCommons to the finish**