

2023 NOBULL CROSSFIT GAMES

IQF TEST 4

IQF TEST 4 // TIME PRIORITY

TIME | 20:00 LOADING | 1/5 SKILL | 4/5 VOLUME | 4/5

RX

AMRAP 20:
1,000-m row
50 GHD sit-ups
500-m row
25 V-ups

INTERMEDIATE

AMRAP 20:
1,000-m row
25 GHD sit-ups
25 sit-ups
500-m row
25 V-ups

BEGINNER

AMRAP 15:
800-m row
50 sit-ups
400-m row
25 hollow rocks

SKILL WORK

2 sets:
:30 Z-stretch
:30 Samson stretch/side

GOALS

INTENDED STIMULUS

- ✓ 2+ rounds. Advanced athletes should push as close to 3 rounds as possible.
- ✓ Longer time domain that challenges you to keep the pedal to the floor for 20:00.
- ✓ Keep 1,000-m row to 5:00 or less. Keep 500-m to 2:30.
- ✓ Complete the GHD sit-ups in 3 sets or less.

COACHING GOALS

- ✓ Push all athletes to complete at least 2 full rounds.
- ✓ Teach athletes how to use their quadriceps and keep their bellies tight on the ascent of the GHD sit-up.
- ✓ Dial in rowing technique and strategies to maintain a lower split time.
- ✓ Keep athletes motivated on the rower.

SCALING

OVERVIEW

Consideration for athletes not competing in Quarterfinals

- Reduce the distance on the rower to keep athletes within the stimulus of the workout.
- Reduce the range of motion and/or repetitions of the GHD sit-ups for athletes who perform the movement less frequently.

MOVEMENT SCALING OPTIONS

Row | Distance, run, bike, SkiErg.

GHD sit-ups | Reps, range of motion (to parallel), AbMat sit-ups.

V-ups | Tuck-ups.

LOGISTICS

LIMITATIONS

Consideration for athletes not competing in Quarterfinals

- If rower availability is an issue, consider having athletes use a different piece of equipment. See the "Logistics - Other" section for the appropriate distances.
- If you have a limited amount of GHDs, consider splitting the class into two heats. Have the first heat start at 0:00 and the second heat start at 3:00. If you choose this option, remember the second group will then finish the workout at 23:00 instead of 20:00.
- You can also choose to do this partner style. See the example below.

Partner option

AMRAP 20:
1,000-m row
50 GHD sit-ups
500-m row
25 V-ups

- In the partner variation above, athletes work together to complete as many rounds as possible in 20:00. One athlete works while the other rests. This should allow both athletes to push the pace on the rower and really push the pedal to the floor.

OTHER CONSIDERATIONS

Whiteboard Brief: 0-4

General: 4-16

Specific: 16-27

Break: 27-30

Workout: 30-52

Cooldown: 52-60

1,000-m row substitutions | 800-m run, 2,000-m C2 bike, 2,500-m Assault or Echo bike, 1,000-m SkiErg

500-m row substitutions | 400-m run, 1,000-m C2 bike, 1,250-m Assault or Echo bike, 500-m SkiErg

WHITEBOARD BRIEF ESTIMATED TIME = 4:00

Target rounds | 2+ rounds. Advanced athletes should push as close to 3 rounds as possible.

- This is the fourth workout of the Individual CrossFit Quarterfinals. It is a longer time domain that challenges you to keep the pedal to the floor for the entire 20:00.
- Expect the row to significantly elevate your heart rate and the GHD sit-ups and V-ups to make your midline feel a bit like a wet noodle. There will be a noticeable redundancy and difficulty with the combination of the GHD and the V-ups. Encourage athletes to break these two into manageable, yet consistent sets. With each passing round, getting back on the rower is going to get more and more challenging.
- Focus on sitting up tall and breathing on every stroke. The more you can maintain your posture on the rower the better off you will be.
- Aim to complete each 1,000-meter interval in 5:00 or less and each 500-m interval in 2:30 or less.
- If you are not frequently using the GHD, you should already be thinking about adjusting the total repetitions in each round and/or the range of motion.
- Athletes who are registered for Quarterfinals should double and triple-check the test materials provided by CrossFit. This includes necessary equipment, measuring, the floor plan, and filming.

DEMO VIDEOS

[V-UP DEMO](#)
[GHD SIT-UP](#)
[TEACH THE GHD SIT-UP](#)
[Z-STRETCH](#)
[SAMSON STRETCH](#)

GENERAL WARM-UP ESTIMATED TIME = 12:00

AT A GLANCE

- ✓ Before starting the warm-up, have athletes grab a rower.
- ✓ Demonstrate the expectations of each pace prior to having athletes attempt the set.
- ✓ Rest briefly between each set to discuss teaching points and pacing goals.
- ✓ The sit-ups and tuck-ups are meant to give the athletes a break on the rower and an opportunity to practice some potential scaling options for the workout.

ROWING EFFICIENCY WARM-UP | 12:00

Set 1:

- Focus on sitting up tall on the rower. Athletes should identify their 500-m split time as well as their strokes per minute on their monitor for this drill.
- 15 pulls on the rower (easy pace)
5 sit-ups

Set 2:

- At an 18-20 strokes-per-minute pace and a strong drive through the legs, athletes should notice their split time is lower than their previous set.
- 15 pulls on the rower (18-20 strokes-per-minute pace)
5 sit-ups

Set 3:

- At a 22-24 strokes-per-minute pace, athletes should notice their split time. With the same effort as the previous set but a faster stroke rate, your pace should be faster.
- 15 pulls on the rower (22-24 strokes-per-minute pace)
5 tuck-ups

Set 4:

- At a 26-30+ strokes-per-minute pace, athletes should notice their split time. With the same effort as the previous set but a faster stroke rate, your pace should be the fastest yet.
- 15 pulls on the rower (26-30+ strokes-per-minute pace)
5 tuck-ups

SPECIFIC WARM-UP ESTIMATED TIME = 11:00

AT A GLANCE

- ✓ Quickly demonstrate and review the V-up. Have athletes practice a handful of reps. If athletes are unable to perform the Rx'd V-up, have them perform the tuck-up.
- ✓ Spend most of the specific warm-up covering the GHD sit-up, getting athletes set up, and practicing repetitions.
- ✓ As athletes are moving through their 2 sets on the GHD, focus on athletes aggressively straightening their legs to bring themselves back to a seated position.
- ✓ Athletes performing the test as Rx'd should perform the full-range-of-motion standard as it may be different from what they are used to.

V-UP REVIEW AND PRACTICE | 4:00

Beginning of each rep

- 1) Feet together.
- 2) Both feet touching the ground.
- 3) Both hands touching the ground above the athlete's head.

Execution

- 1) Torso and legs must leave the ground at the same time.
- 2) After the feet leave the ground, they must remain above the knees.
- 3) Rep is counted when both hands touch the feet at the same time, feet are together, and toes are above the athlete's head.

1 set: 5-10 V-ups

GHD SIT-UP REVIEW AND PRACTICE | 7:00

GHD Sit-up // Points of Performance

- 1) Setup // Knees bent, hips hanging off the pad.
- 2) Descent // Keeping the ribs pulled down, lean back with the knees bent.
- 3) Ascent // Extend the knees aggressively to rapidly change directions and sit upright.
- 4) Range of motion // Fingers touch the pads at the top and touch the ground or designated riser with both hands before returning to the seated position.

2 sets: 5-10 GHD sit-ups, Rest 1:00 between sets.

BREAK ESTIMATED TIME = 3:00**WORKOUT** ESTIMATED TIME = 22:00**AT A GLANCE**

- ✓ Pay attention to an athlete's return on the rower. We want to avoid letting athletes bend their knees first on the return. This forces the athlete to move the handle around the knees and allows their hips to get close to their heels. Instead, coach them to release their hands away from their body first, lean their body in closer to the rower, and then bend their knees. This sequence will help keep the handle moving in a straight line and improve the efficiency of each stroke.
- ✓ Focus on an athlete's knees and thighs while they are on the GHD. As an athlete descends on the GHD, their knees should be bent and their thighs should be soft. As they begin to change directions, their thighs should be rock hard and their legs should be straight. If their knees are still bent as they sit up, we need to remind them to straighten their legs as they sit up aggressively.
- ✓ On the V-ups, look for athletes to get out of balance. This will happen when the athlete's upper back doesn't come up off the ground as much as it needs to. As the legs come up off the floor, the athlete's arms and upper back need to come up equally.

LOOK FOR**Row**

- 1) Legs driving without the handle moving.
- 2) Knees bending before the arms extend on the return.
- 3) Early arm bend.

GHD sit-up

- 1) Hyperextending the spine at the bottom of the sit-up.
- 2) Not extending the knees to initiate the sit-up.
- 3) Slow change in direction.

V-ups

- 1) Falling backward (off balance).

CUES**Row**

- 1) "Move the handle when you initiate the drive!"
- 2) "Let the handle pass your knees before they bend on the return."
- 3) "Squeeze your triceps while your legs drive."

GHD sit-ups

- 1) Visually cue athletes to pull the ribs down as they lean back.
- 2) "Kick to come up!" "Straighten the knees harder."
- 3) "Faster!" "Sit back up quicker!"

V-ups

- 1) Cue the athlete to sit up further with their torso.

COOLDOWN ESTIMATED TIME = 8:00**AT A GLANCE**

- ✓ Give athletes an opportunity to recover after the workout.
- ✓ Record scores and celebrate the completion of the fourth Quarterfinal test.
- ✓ Celebrate athletes who did something in today's workout that they never thought was possible.
- ✓ Start a clock and demonstrate the stretches in the cool-down.
- ✓ Have athletes move through the stretches at their own pace as you move through the class and check in with your athletes.

STRETCHING | 8:00**2 sets:**

:30 Z-stretch

:30 Samson stretch/side