



WOD 1 TEAM
THE WAKE OF MAGELLAN

1. WORKOUT

FOR TIME:

Time cap 16'

Round 1

A: 80 DU

B+C: 400 mt Row Each

Round 2

C: 120 DU

A+B: 600 mt Row Each

Round 3

B: 160 DU

C+A: 800 mt Row Each

Round 4

A+B+C: 2000 mt Row

**Switch until the completion
of the distance on both rowers**



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2. VARIATIONS AND WEIGHTS

CATEGORY	DOUBLE UNDER	m ROW
ELITE	80	
MASTER 110	120	400
INTERMEDIATE	160	600
	60	800
EXPERIENCE	100	2000
	140	



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3. STANDARDS

3.1 ROW

THE ATHLETE CAN SET THE FOOTREST AND FLYWHEEL AS PREFERRED.

THE ATHLETE WILL START SITTING ON THE ROWER, LEGS OUTSTRETCHED, HANDS AWAY FROM THE HANDLE.

THE ATHLETE CAN'T GET OFF THE ROWER UNTIL THE REQUIRED DISTANCE HAS BEEN COVERED.

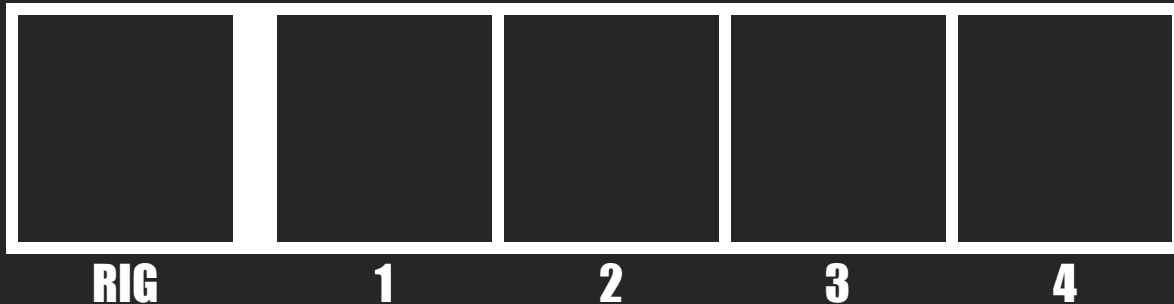
3.2 DOUBLE UNDER

THE ROPE MUST PASS TWICE UNDER THE ATHLETE'S FEET DURING THE JUMPING PHASE FOR THE REPETITION TO BE CONSIDERED VALID.



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4. FLOW



ATHLETE A STARTS THE WOD IN SECTION 4, WHILE B AND C START SITTING ON THE ROWERS UNDER THE RIG.

AL 3... 2... 1... GO! ATHLETES B AND C COMPLETE THE REQUIRED DISTANCE FOR THE CURRENT ROUND, ATHLETE A COMPLETE THE REQUIRED NUMBER OF DU.

WHEN ALL THREE ATHLETES HAVE COMPLETED THE REQUIRED WORK, ATHLETE B GOES TO SECTION 4, WHERE CAN SWITCH WITH ATHLETE A (HIGH FIVE).

ATHLETES A AND C MOVE THE ROWERS A SECTION FORWARD AND COMPLETE THE DISTANCE REQUIRED IN THE CURRENT ROUND. ATHLETE B COMPLETE THE REQUIRED NUMBER OF DU.

WHEN ALL THREE ATHLETES HAVE COMPLETED THE REQUIRED WORK, ATHLETE C GOES TO SECTION 4, WHERE CAN SWITCH WITH ATHLETE B (HIGH FIVE).

ATHLETES A AND B MOVE THE ROWERS A SECTION FORWARD AND COMPLETE THE DISTANCE REQUIRED IN THE CURRENT ROUND. ATHLETE C COMPLETE THE REQUIRED NUMBER OF DU.

WHEN ALL THREE ATHLETES HAVE COMPLETED THE REQUIRED REPS, A AND B WILL MOVE THE ROWERS A SECTION FARWARD. FROM THERE ATHLETES A, B, AND C WILL BE ABLE TO ALTERNATE FREELY IN THE EFFORT UNTIL BOTH ROWERS HAVE REACHED THE REQUIRED DISTANCE.

THE WOD ENDS WHEN ALL THREE ATHLETES REACH SECTION 4.