



2019 VALIDUS GAMES

SCHEDULE OF EVENTS

DAY 1

WOD 1 – Ascending Amanda

9 – 6 – 3

Ring Muscle Ups

Full Snatch (165/115)(185/130)(205/145)

10-Minute Cap

WOD 2 – Chest Lifts

21 – 15 – 9

Deadlifts (315/220)

C2B

11-Minute Cap

WOD 3 -

1 RM – Full Clean + Squat Jerk

7-Minute Cap

WOD 4 – Check Your Engine

500m Ski

15 Burpee Over Bar

500m Row

15 Burpee Over Bar

1000m Bike Erg

15 Burpee Over Bar

9-Minute Cap

WOD 5 – Drag Me to Hell

100m Sled Drag (90/45)

100m Sled Drag (135/90)

100m Sled Drag (180/135)

100m Sled Drag (225/180)

Max Distance Sled Drag (270/225)

7-Minute Cap



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DAY 2

WOD 1

3RM Overhead Squat
3 Attempts (Weight Cannot Decrease)
10-Minute Cap

WOD 2

6x100m Shuttle Sprint (For Time)
50m Sandbag Carry (150/100)
20 Sandbag Ground to Over Shoulder
50m Sandbag Carry
30 Burpee Over Sandbag
50m Sandbag Carry
40 Sandbag Squats
50m Sandbag Carry
For Time (18-Minute Cap)

WOD 3 – Devil on a Bike

20/18 Cal Bike
25ft Handstand Walk
12 Devil Press
25ft Handstand Walk
3 Rounds (12-Minute Cap)

WOD 4– 3:1:5

8 DB Full Snatch (70/50)
50 Unbroken DUs
75 Thrusters (115/75)
**20-Minute Cap (3 Min of work : 1 Min of Rest : 5 Rounds)
**

WOD 5 – Never Ending Grace

(135/95) (155/105) (185/130) (205/145) (225/160) (245/170) (265/185) (275/190) (285/200)
10 Reps at Each Weight
7 Minute AMRAP