EVENT 3
FORREST

PRESENTED BY ×TWL

Event 2 - For Time

3000m run or 4000m row

Divisions
There are no changes to this workout for any division

Scoring
This workout is for total time. Please join the Fit Wars running club on Strava to verify your time.

Workout Flow
You can select any 3000m course you like, as long as it is predominantly flat, start at 0m and keep on running till you get to 3000m! If you are rowing, set the rower up for a 4000m countdown (**do not have the rower count up**)

Movement Standards
The workout is intended to be a 3000m run, our way of verifying everyone's time and keeping it as legitimate as possible is via Strava, if you do not have the app already you can download it and use a free account (the paid one isn't necessary).   If you look under Clubs - you can find Fit Wars and join it as a club, if you run a 3000m (3km) with the app turned on it will get lodged on the club leaderboard and we verify your score lodged in Throwdowns against what is in Strava.
You can also post your Strava data to social media for extra validation (and that is what everyone does with Strava stuff). If you have any questions you can ask them via the Instagram or Facebook page.

As mentioned the intended option is the 3000m run, we have give the option of a 4000m row to make it inclusive for that are potentially unable to run that distance without their knees etc exploding, it is set at 4000m (rather than 3000m) to make it very very difficult for anyone that takes the row option to be able to beat someone that does the run - not impossible but we are trying to make the row less appealing. We are trying to bring a new element to online competitions through the use of Strava and getting people outside of the gym, we realise it may have some teething problems but please try and keep within the spirit of fair competition and complete your 3000m as honestly as possible. Any score that seems sketchy and cannot be effectively verified will be deemed invalid.

Video Submission

This workout does not require a video submission - it does however require a time for the run to be lodged via Strava or a picture to be taken of your 4000m row workout data.