



FLATOUT

Preparing for

TRINITY



Flatout has partnered with Trinity Park for the next edition of Flatout, and it really is a great venue and location.

As brilliant as it is, it's worth noting it is not a purpose built fitness arena. That means there may be tight corners, uneven areas, obstacles, and other features you wouldn't usually find in a large exhibition style venue.

Please take care, stay aware of your surroundings, and follow any instructions from the Flatout team on the day.



SkiErg

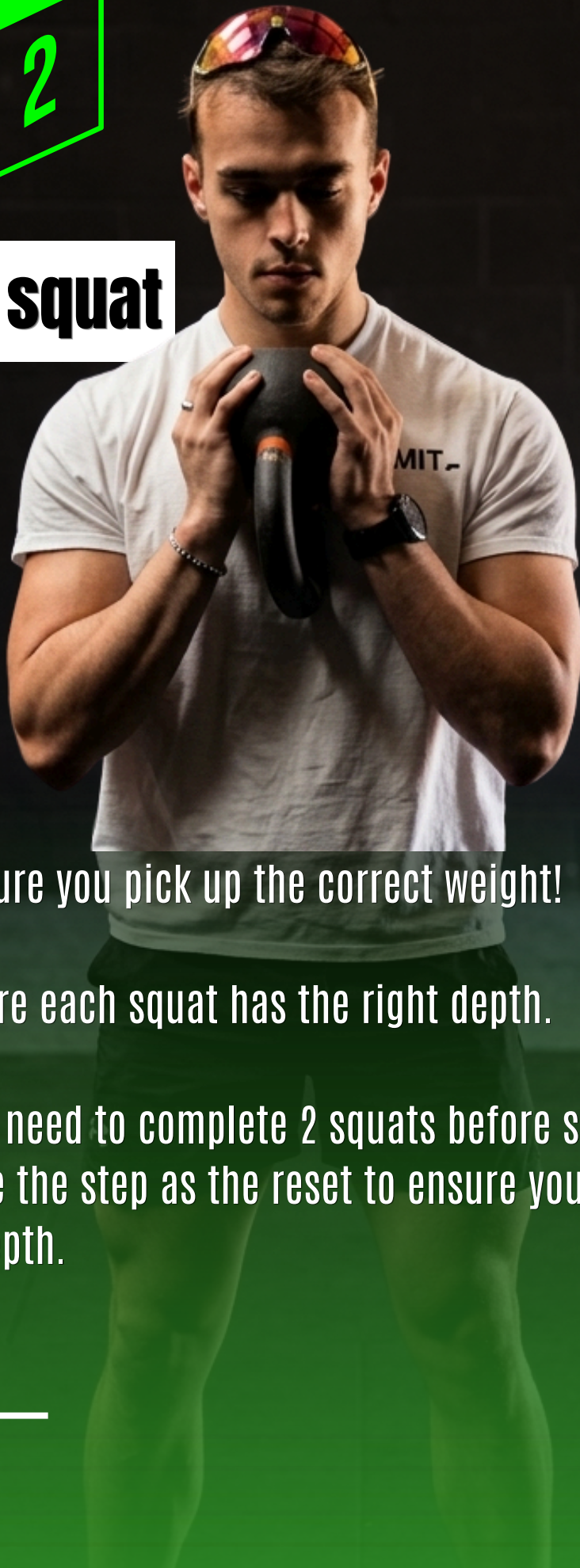
DAMPER: This should not be any higher than 6, in some cases we suggest level 2!

PACING: Do not get carried away, this is the first zone and possibly the most toughest in terms of cardio, pace yourself, get yourself prepared for the rest of the event.

REACH: It's important to maximize your reach length. Utilise the power in the core & the hips when working through each stroke.



Goblet squat



WEIGHT: Ensure you pick up the correct weight!

FOCUS: Ensure each squat has the right depth.

PACING: You need to complete 2 squats before stepping forward, use the step as the reset to ensure you get the correct pace and depth.

POSITION: 2.5km is a fair distance you will be here for a while so ensure it's as comfortable as possible.



DAMPER: This should not be on any higher than 6, in some cases we suggest level 2!

STRETCH: Use this zone to stretch your legs after the tough start.

BIKE

RULES: Chest to floor, step forward. It's very simple really.

ENERGY: Conserve your energy, don't jump, there's no need. No need to clap. Step into the burpee, step out of it for best results.

You must perform 2 CTF's before moving forward.



CTF



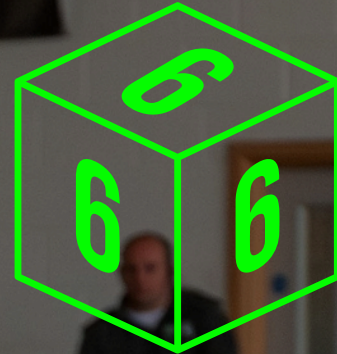
RowErg

POSITION: 1.2km the final erg. Steady yourself and get comfortable.

DAMPER: This should not be any higher than 6, in some cases we suggest level 2!

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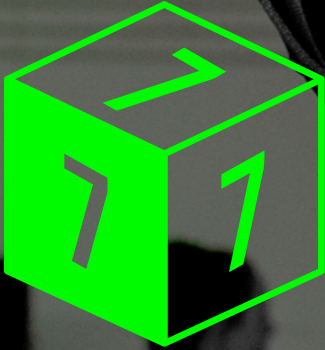
Farmers Carry

GRIP: The thumb grip is the best, unless you have small hands. Wrap your thumb around the KB first, then wrap your fingers over your thumb on the other side - gripping your thumb under your fingers.

RUN OR WALK: Up to you, but too much bouncing will affect your grip strength.

POSITION: Try to position the grip at the front of the KB, not the middle. This provides a better shape of the KB grip.

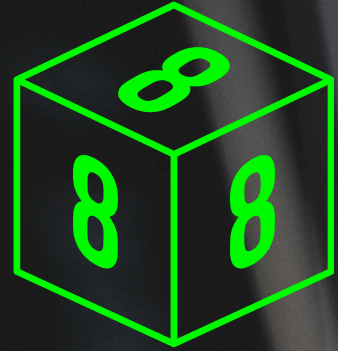
Remember this one is outside and out of sequence. When finished go back into the event centre to complete the lap.



Weighted Lunge

TAP TAP: Take a tap between each lunge rather than walking straight through, this will benefit you in the end.

DISTANCE: People want this zone over with and look to over stride to do less lunges, a good strategy but this is a difficult lunge now your legs are wide apart. Less distance is more.



GTO

Bottom to Top: Tap the floor and throw over head in the most efficient and safest way possible. Let your arms fully extend and repeat.

Nearly there: Remember to finish by running for the very last time and go through the SHORT CHUTE, and pass through the finish line.

Look for the finish line during the runs, don't accidentally go past this at the end!

RUNNING

500m: There's lots of twists and turns in Flatout, but there are areas when you can get to the highest speed but equally don't gas yourself here. Run/Walk or jog. We will not judge you.

Participants must be mindful of others, move for faster runners, faster runners take care when passing. Flatout is high intensity and high energy, bumps may happen but let's try and avoid it.

A woman with blonde hair tied back, wearing a black sports top, is leaning over a metal railing. She has several tattoos on her left arm, including a large one on the shoulder and forearm. She is wearing a yellow wristband and a ring. In the background, other people are visible, some in athletic wear, suggesting a triathlon or similar event. The scene is outdoors on a green field.

RECOVERY

Flatout have several recovery areas post event. Head to the event village and go seek a recovery massage, grab a drink and some food.

Don't forget to tag us in your photos

**DON'T FORGET
YOUR PATCH.**

See you soon! 

