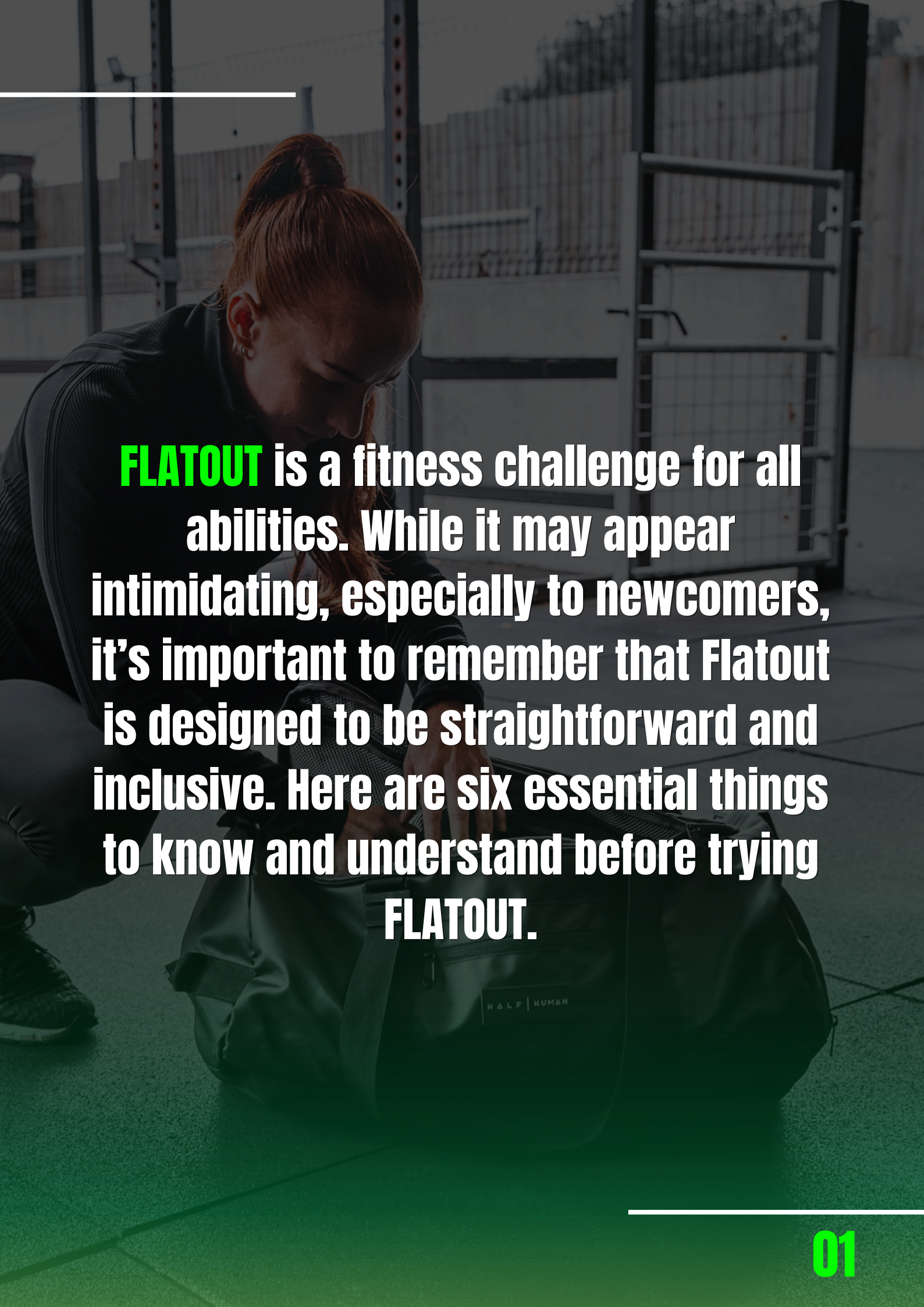




SIX THINGS YOU SHOULD KNOW



weareflatout.co.uk



FLATOUT is a fitness challenge for all abilities. While it may appear intimidating, especially to newcomers, it's important to remember that Flatout is designed to be straightforward and inclusive. Here are six essential things to know and understand before trying **FLATOUT**.

1. Don't Be intimidated: FLATOUT is for everyone.

Many assume FLATOUT participants are elite athletes with perfect physiques. The reality is, most participants are regular people with varying fitness levels. There are categories for everyone. The Team Relay is a Team of 4 people completing 2 of the 8 zones in order, this means each person is completing a quarter of the event. With the event taking approximately 60 minutes, that is 15 minutes of challenge. The doubles is all of the running together and sharing the Zone work. Open is the standard single event and then there is the Pro category, slightly heavier weights and they have to wear a weighted vest throughout. If you are new to fitness or just unsure then Relay would be a good starting point. If you do fitness, whether that's running or general gym work then doubles is for you. Open is a bit more challenging but it's all possible, you go at your own pace and no one will be judging or telling you to go harder or faster. Pro category is for the more seasoned athlete who trains full-time or near full-time, with high levels of strength and endurance.

Focus on your own journey and progress. Remember, everyone starts somewhere. There will always be people who are fitter or faster, but that's not a reason to avoid participating. FLATOUT is about challenging yourself, regardless of your current fitness level.

2. Keep it simple: FLATOUT is VERY simple to pick up.

FLATOUT may seem complex, it is not. You run 500m at the start (1 or 2 laps depending on location), then enter your first zone, complete that work and another 500m, repeat this run and zone pattern until you complete. Each zone is numbered and is in order. Many worry about getting lost, forgetting the sequence of stations, or not understanding the rules. However, the event is designed to be a straightforward, mass-participation event accessible to everyone. Information is provided on the zone and coaches are there to support you.

The course is clearly marked with numbered stations, and the direction of the run is easy to follow. It's more likely to make errors when feeling flustered or overwhelmed by perceived complexity. Familiarise yourself with the rule book to alleviate any pre-race anxiety and gain peace of mind. Reading the rulebook takes about 15 minutes and will demonstrate the event's simplicity. Flatout zones are hosted by level 3 PT's who experience working with nervous or apprehensive gym goers every day, they are there to coach and guide.

3. Flatout is taking place at Saxon Air.

As it's right next to a runway there are a few rules that you may not expect to see at other events.

1. Water is only provided by Flatout during the course at the designated outside run route. Water is consumed in cups and must be placed in the bins provided. Cups, bottles or gel packs cannot be taken or consumed in the outside areas of the run route. This is CRUCIAL
2. Water is available post-event by the Flatout team
3. Bags larger than a small hand bag cannot be taken inside the venue, feel free to leave them in your car, there is also a bag drop area. It is at your own risk. All bags will be checked by security. Bags should not be left unattended, any bags or items left unattended will be removed and potentially destroyed.
4. It is a FULLY ticked event

- Car parking is available at Norwich Airport, tickets online via the website
- Participants must purchase tickets ahead of the event.
- Spectators can only enter with a valid ticket

4. Flatout is fully timed.

At registration you will be provided with an ankle band supplied by Sublime Timing who will trace your time on the course.

When you enter the venue you will be directed into the building, into the hangar and down the stairs.

STAY INSIDE THE RACE CORRAL WITH YOUR TIMING CHIP
DO NOT GO PAST THE LEFT SIDE OF THE CORRAL
DO NOT GO PAST THE RIGHT SIDE OF THE CORRAL

There will be signs stating where to avoid.



5. You don't need a complex training plan (but training helps).

Social media often promotes the idea that any fitness event requires extensive training plans. While structured training can enhance performance, the exercises in FLATOUT are generally accessible and can be learned relatively easily.

Begin by reading the rule book twice to understand the exercises and rules. You can then incorporate FLATOUT-specific training if you want to take it more seriously. However, maintaining a diverse fitness routine that includes running and functional movements will adequately prepare you for FLATOUT, especially if you're only planning on participating in a single event.

Don't obsess over replicating the exact equipment used in FLATOUT. Focus on developing a well-rounded fitness base rather than spending excessive time trying to find the exact same equipment used in the competition. You can create at home workouts yourself well enough to perform.

6. Is it a competition?

Yes and no. Podium flags are available for category winners. Everyone will receive a time, some swag, a medal and a badge.

The event is intended to be a challenge and an immersive experience.

