



FLATOUT

FLATOUT 101

FOR BEGINNERS



WEAREFLATOUT.CO.UK

CONTENT

03 INTRODUCTION

04 INTRO TO FLATOUT

06 STATION BREAKDOWN

18 PACING YOUR EVENT

20 EVENT DAY ATTIRE

22 FLATOUT NUTRITION

25 PRE FLATOUT PROTOCOL

INTRODUCTION

WHAT IS **FLATOUT**?

FLATOUT IS A FITNESS EVENT THAT COMBINES FUNCTIONAL TRAINING AND RUNNING TO DELIVER AN EXHILARATING EVENT. CONSISTING OF 4KM OF RUNNING ALONGSIDE 8 FUNCTIONAL STATIONS, IT'S DESIGNED TO CATER TO ALL FITNESS LEVELS AND TEST PERFORMANCE AND ENDURANCE.

VARIOUS CATEGORIES FOR INDIVIDUAL, PAIRED AND RELAY (TEAM OF 4).

THIS GUIDE CONSISTS OF;

- > INTRO TO WHAT FLATOUT IS
- > FLATOUT CATEGORY
- > EVENT BREAKDOWN
- > STATION TIPS AND TRICKS
- > PACING YOUR EVENT
- > BEST CLOTHING & FOOTWEAR FOR FLATOUT
- > FLATOUT NUTRITION
- > PHYSICAL FITNESS TESTING
- > FAQ

INTRO TO FLATOUT



FLATOUT CATEGORIES

PARTICIPATION IS POSSIBLE WITHIN A NUMBER OF CATEGORIES. WHETHER YOU'RE LOOKING TO EVENT ALONE, WITH A PARTNER, OR AS PART OF A TEAM, THERE'S SOMETHING TO SUIT EVERY ONE.

THE EVENTS FOLLOW THE SAME PATTERN REGARDLESS OF CATEGORY, TESTING GRIT AND DETERMINATION, AS WELL AS RACING STRATEGY.

HERE ARE THE **POSSIBLE DIVISIONS**, YOU JUST NEED TO FIND THE RIGHT ONE FOR YOU:

- MENS OPEN
- WOMENS OPEN
- MENS DOUBLES
- WOMENS DOUBLES
- MIXED DOUBLES
- MENS PRO
- WOMENS PRO
- MENS RELAY
- WOMENS RELAY
- MIXED RELAY
- NEXT GEN

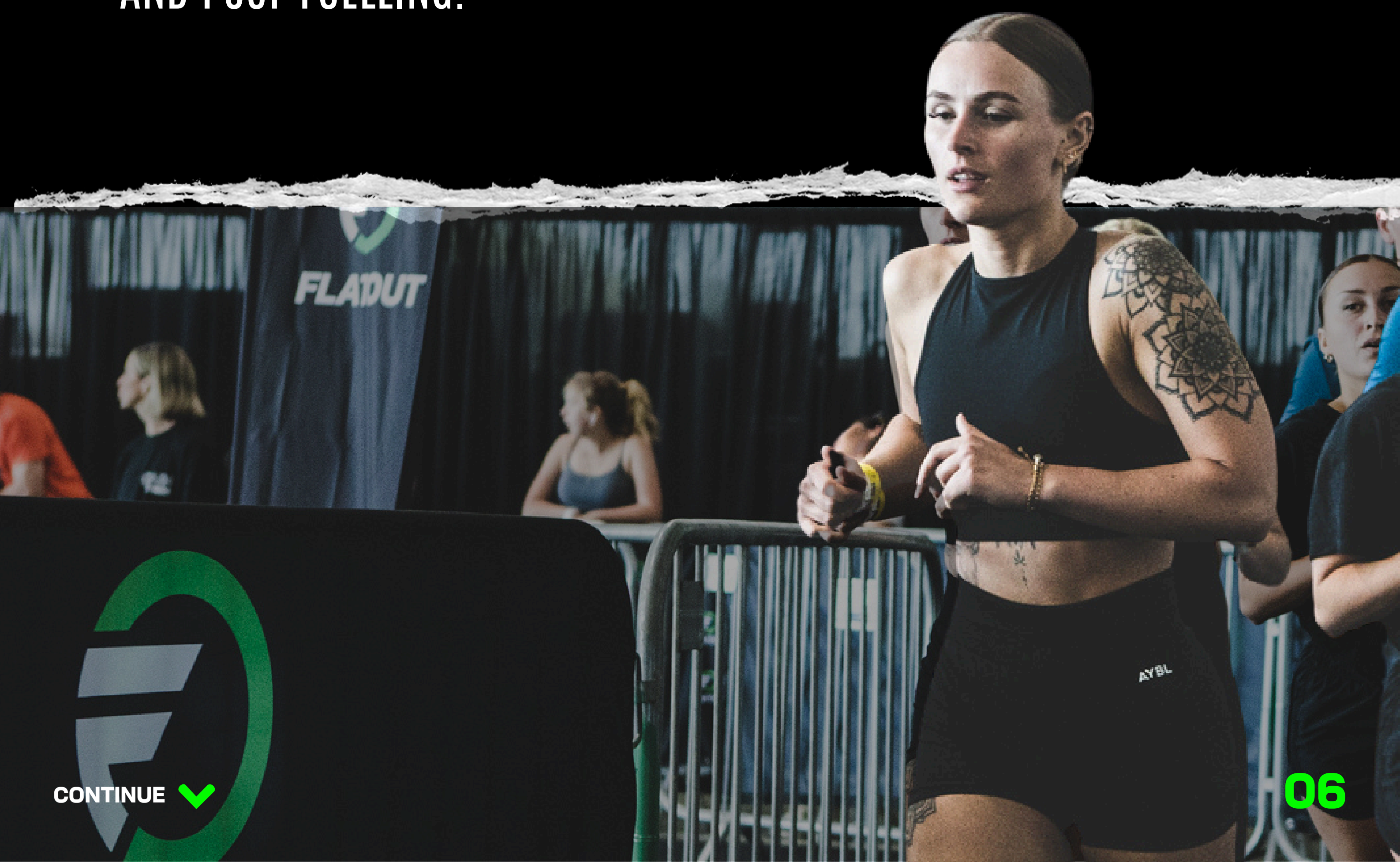
EVENT BREAKDOWN

A FLADUT EVENT CONSISTS OF 4KM OF RUNNING AND 8 FUNCTIONAL FITNESS STATIONS.

EACH 500M OF RUNNING IS FOLLOWED BY A DIFFERENT STATION.

EACH VENUE IS DIFFERENT, AND YOU WILL RECEIVE A BREAKDOWN OF YOUR EVENT (INCLUDING A MAP OF THE TRACK AND LAPS) PRIOR TO STARTING THE EVENT.

THE EVENT WELCOMES SPECTATORS, WITH ON-SITE STORES/STALLS ON-HAND FOR MERCHANSIDE, AS WELL AS FOOD/DRINK FOR PRE AND POST-FUELLING.



STATION

BREAKDOWN



STATION BREAKDOWN

THE EIGHT FUNCTIONAL STATIONS WITHIN YOUR FLATOUT EVENT WILL ALWAYS FOLLOW THE SAME LAYOUT. UNDERSTANDING THE BEST WAY TO STRATEGISE YOUR STATIONS IN TERMS OF PACING AND TECHNIQUE CAN BE CRUCIAL TOWARDS IMPROVING YOUR EVENT TIME.



ZONE 1: Skierg

ONCE BOTH PARTICIPANTS HAVE ARRIVED AT THEIR ERG, THEY WILL START BY ADJUSTING THE DAMPER TO WHATEVER SETTING THEY WANT AND STARTING THEIR 1.2KM SKI.

ON THE CHANGEOVER, THE PARTICIPANTS MAY HAND THE HANDLES IN, BUT THEY MUST NOT OBSTRUCT OTHER PARTICIPANTS.

ONCE THE 1.2KM HAS BEEN REACHED, THEY MUST RAISE THEIR HAND, ALERT A COACH BEFORE MOVING ON TO THEIR NEXT RUN.

TOP TIP: 'HAT TO POCKET'

THE BEST CUE FOR THE SKIERG IS HAT TO POCKET. THIS CUE REFERS TO YOUR RANGE OF MOTION - YOUR HANDS SHOULD BE DRIVING FROM YOUR HEAD TO YOUR HIPS.



ZONE 2: GOBLET SQUATS

ONCE BOTH PARTICIPANTS HAVE ARRIVED AT THE STATION TO START THEIR 50 REPS, THEY WILL PICK UP THEIR ALLOTTED KETTLEBELL, DO TWO SQUATS ON EACH LINE BEFORE STEPPING FORWARD AND REPEATING.

EVERY REP MUST HAVE THEIR HIP CREASE BELOW THEIR KNEE AND YOU MAY PASS OVER THE KETTLEBELL IN THE HANDS RATHER THAN PLACING IT ON THE FLOOR. ONCE 50 REPS HAVE BEEN COMPLETE, YOU WILL MOVE ON TO YOUR NEXT STATION.

ZONE 3: BIKE ERG

ONCE BOTH PARTICIPANTS HAVE ARRIVED AT THEIR ERG, THEY WILL START THEIR 2.5KM ON THE BIKE. EACH PERSON MAY ADJUST THEIR DAMPENER AND THE ERG WILL BE SET TO ZERO BEFORE YOU START. HANDS SHOULD REMAIN ON THE HANDLEBARS AND THE SEAT AND DAMPENER MAY BE ADJUSTED ON EACH CHANGEOVER.

ONCE THE 2.5KM HAS BEEN COMPLETED, YOU MUST RAISE YOUR HAND, ALERT A COACH BEFORE MOVING ON TO YOUR NEXT ZONE.



STATION 4: CHEST TO FLOOR

WITH 50 REPS TO COMPLETE, YOU MUST START WITH BOTH HANDS BEHIND THE LINES, YOUR THIGHS AND CHEST MUST TOUCH THE FLOOR BEFORE TAKING A STEP FORWARD AND COMPLETING YOUR NEXT REP.

THE FLOOR WILL BE MARKED WITH 50 LINES TO MAKE SURE THAT THE CORRECT NUMBER OF REPS HAS BEEN COMPLETED. YOU MUST STEP FORWARD OR JUMP FORWARDS BETWEEN EACH REP, YOUR KNEES AND HIPS MUST HIT FULL EXTENSION AND YOU MUST STAND UP FULLY. ONCE 50 REPS HAS BEEN COMPLETED, YOU MAY MOVE FORWARD.



ZONE 5: ROW ERG



ONCE BOTH PARTICIPANTS HAVE ARRIVED AT THE ROW THEY CAN COMPLETE THEIR 1.2KM. THE ERG WILL BE SET AT ZERO METRES AND THE DAMPER WILL BE SET TO A RESISTANCE.

YOU MAY CHANGE FOOT PEDALS AND RESISTANCE BETWEEN EACH CHANGEOVER OF THE PARTICIPANTS. ONCE 1.2KM HAS BEEN REACHED, ALERT A COACH, COMPLETE YOUR RUN AND TO MOVE TO ZONE 6.

GOLDEN NUGGET: LEGS, BACK, THEN ARMS

THE BEST FORM FOR THE ROWER IS TO START BY DRIVING THE LEGS BACK, THEN TO EXTEND THE HIPS, AND FINISH OFF THE PULL WITH A DRIVE OF THE ARMS, PULLING THE HANDLE TO MID CHEST. REVERSE THESE STEPS AND REPEAT.

A man with a beard and short hair, wearing a neon green tank top and black shorts, is carrying two purple kettlebells. He is looking down with a focused expression. The tank top has 'EM2 FITNESS NORWICH' printed on it. The background is dark and out of focus.

ZONE 6: FARMERS CARRY

WITH 180M TO COMPLETE, IN PAIRS YOU MAY CHANGE AT ANY POINT. THE PARTICIPANT WHO IS NOT HOLDING THE KETTLEBELLS MUST STAY WITH THE WORKING PARTICIPANT AND BOTH CAN EITHER WALK OR RUN. CHALK IS PROVIDED BUT NOT MANDATORY. ONCE 180M HAS BEEN COMPLETED, REPLACE KETTLEBELLS AS YOU FOUND THEM THEN MOVE ON TO YOUR NEXT ZONE.

ZONE 7 : SANDBAG LUNGE

PICK UP THE SANDBAG AND PLACE IT ON YOUR SHOULDERS. IT MUST BE ABOVE THE HEAD.

EVERY REP, YOUR KNEE MUST TOUCH THE FLOOR AND YOU MUST HIT FULL EXTENSION AT THE TOP OF EACH REP. ALTERNATING LEGS MUST BE USED AND YOU MUST MOVE FORWARDS ALONG THE LADDER.

THE RESTING PARTNER MUST MOVE WITH THE WORKING PARTNER AND CHANGEOVER CAN BE ON THE FLOOR OR SHOULDER TO SHOULDER. ONCE 100M HAS BEEN COMPLETED, YOU MAY MOVE FORWARD.



ZONE 8: GROUND TO OVERHEAD.

ONCE BOTH PARTICIPANTS HAVE ARRIVED, THEY WILL PICK UP THEIR SELECTED PLATE. THEY WILL DO TWO GROUND TO OVERHEADS AND MOVE FORWARD ON THE LADDER. EACH GROUND TO OVERHEAD MUST REACH FULL EXTENSION AT THE TOP AND YOUR BICEP MUST BE IN LINE WITH YOUR EARS.

WHEN CHANGING OVER, PLACE THE PLATE TO THE FLOOR, SWAP AND THEN MOVE FORWARDS.

100 REPS ARE TO BE COMPLETED AND ONCE 100 HAVE BEEN DONE, YOU MAY MOVE FORWARD TO THE SHORT CHUTE ON THE RUN AND THE CROSS THE FINISH LINE.



GOLDEN NUGGET: HOLD THE PLATE CORRECTLY

HOLD THE PLATE AT THE SIDES AND NOT AT THE BOTTOM. KEEP BREATHING!

YOUR EVENT PACING



PACING

EVENT DAY ISN'T THE TIME TO BE WORKING OUT YOUR PACE. IT'S IMPORTANT TO KNOW YOUR RUNNING PACE, AS WELL AS HOW LONG YOU'RE EXPECTING TO BE TAKING ON EACH STATION.

IT'S EASY TO GET CAUGHT UP IN THE EXCITEMENT ONCE THE ADRENALINE TAKES OVER, BUT THAT'S ONLY GOING TO DISTRACT YOU FROM YOUR PREPARATIONS.

IF YOU ARE A BEGINNER, IT'S ALWAYS GOOD TO HAVE AN IDEA OF WHERE YOU'D LIKE TO FINISH - BUT FOCUSING ON FEELING AND ENJOYING THE MOMENT IS JUST AS (IF NOT MORE) IMPORTANT!



EVENT DAY ATTIRE

BEST CLOTHES

COMFORT IS KEY WHEN IT COMES TO WHAT TO WEAR ON EVENT-DAY. KEEPING CLOTHING AS LIGHT AS POSSIBLE IS ALSO ADVISED - AND NOTHING YOU HAVEN'T TRIED AND TESTED BEFORE.

THE VENUES GENERALLY GET WARM - SO CONSIDER THIS WHEN MAKING YOUR WARDROBE CHOICES.

RESTRICTIVE CLOTHING IS ALWAYS GOING TO HINDER RATHER THAN HELP, PARTICULARLY WITH SPECIFIC MOVEMENTS.



BEST FOOTWEAR

SHINY NEW SHOES MIGHT GO WELL WITH YOUR OUTFIT, BUT WE'RE LOOKING FOR FUNCTION OVER FASHION! THE BEST TRAINERS YOU CAN OPT FOR WILL BE TRIED, TESTED AND READY-TO-WEAR.

IN THE LEAD UP TO YOUR EVENT, GOING FOR GAIT ANALYSIS MIGHT BE A GOOD IDEA TO MAKE SURE YOUR TRAINERS ARE RIGHT FOR YOU.

A top-down view of a flatbread assembly station with various ingredients in bowls and on a tray, including meat, cheese, lettuce, onions, and tomatoes. The image is overlaid with a semi-transparent green filter.

FLATOUT NUTRITION

PRE EVENT

PEAK WEEK;

AT THIS STAGE YOU DON'T WANT TO BE TRYING ANYTHING NEW OR ANYTHING THATS GOING TO UPSET YOUR DIGESTION OR SLEEP. SIMPLE FOODS THAT AGREE WITH YOU ARE ADVISED.

2 DAYS PRE EVENT;

LET'S LOOK AT LOADING CARBS AND FUELLING FOR THE EVENT. LOOK FOR 5G OF CARBS PER KG OF BODYWEIGHT. STAY WELL HYDRATED AND USE ELECTROLYTES.

EVENT DAY;

THIS WILL VARY DEPENDING ON YOUR EVENT START TIME. USE OF CARBS, HYDRATION AND CAFFEINE NEEDS TO BE PLANNED OUT AND TIMED WELL.

WITH CAFFEINE, YOU'RE LOOKING FOR AROUND 3/6MG PER KG OF BODYWEIGHT.

30/60 MINUTES BEFORE YOUR EVENT, A SMALL SNACK WILL HELP TOP OFF YOUR ENERGY STORES WITHOUT WEIGHING YOU DOWN. SOMETHING EASILY DIGESTIBLE SUCH AS A BANANA.



POST EVENT

IMMEDIATELY POST-EVENT IS A CRUCIAL TIME AS YOUR BODY IS BEGINNING IT'S RECOVERY PROCESS. YOUR MUSCLES ARE DEPLETED AND YOUR BODY IS IN NEED OF NUTRIENTS TO KICKSTART THE REPAIR PROCESS.

WATER IS A MUST (OR AN ELECTROLYTE RICH DRINK) AS SOON AS YOU FINISH THE EVENT TO REPLACE FLUIDS LOST IN SWEAT. CONSUME SOME SIMPLE CARBS (SOMETHING QUICK AND EASY SUCH AS A BANANA OR ENERGY BAR). A SOURCE OF PROTEIN WOULD ALSO BE BENEFICIAL TO AID MUSCLE REPAIR.

YOUR FIRST 'PROPER' MEAL SHOULD CONTAIN BOTH CARBS AND PROTEINS AFTER AN INTENSE EVENT LIKE HYROX. YOUR BODY NEEDS TIME TO RECOVER, AND DIGESTION OF QUALITY FOOD IS AN IMPORTANT PART OF THAT. ALLOW YOUR BODY TO REST - THIS MAY MEAN TAKING A NAP, LYING DOWN OR A LIGHT WALK TO AID DIGESTION AND BLOOD FLOW.

HYDRATING

ELECTROLYTES ARE A GAME CHANGER IN MAKING SURE YOU'RE HYDRATED. USING SOME FORM OF ELECTROLYTE ALONGSIDE ADEQUATELY HYDRATING IS CRUCIAL.

CONSUMING THESE 30-60MINS PRE-EVENT CAN ALSO HELP AID COGNITIVE FUNCTION AND CONCENTRATION DURING THE EVENT.

