

# The Real ResQ Mile

Warm up for 2 min, run, row, ski, bike or jump.

Hip halos (to warm up the hips and legs)

Banded 7's (to warm up the shoulders)

GoWOD recommended warm up 15 min PreWOD

Calf activation (60 seconds each side)

Forearm roll out/smash (barbell or foam roller) (60 seconds each side)

Trap smash/roll out (60 seconds each side)

T-opener (60 seconds)

Quad roll out (60 seconds each side)

Hamstring roll out (60 seconds each side)

Squat to stand (60 seconds)

Knight to hamstring stretch (60 seconds each side)

Kang squat (60 seconds)

The WOD partner (Rx)

400 meter barbell carry holding the sleeve of the barbell. Switch leader at the 200m mark. 115/85 (50/35kg)



400 meter overhead lockout carry 35/25 (15/10kg)



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400 meter fireman's carry. (200 meters per person.)



(Alternative option to the fireman's carry: holding the barbell in a back rack position partner 1 carries for 200m & partner 2 runs alongside. Switch at the 200m mark.)



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400 meter run together



The WOD individual (Rx)

400 meter PINCH plate farmer carry 35's/25's (15/10kg)



400 meter overhead lockout carry 35/25 (15/10kg)

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200 meter barbell back rack carry plus 200m run 115/85 (50/35kg) or 400m double plate bear hug carry 35's/25's (15's/10's kg)



400 meter run/sprint

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Complete each section as it reads. If you put the weights down, you need to rest in that location until you pick the weights back up.

The cool down  
200 meter walk

GoWOD recommended 12 min PostWOD  
Forearm roll out/smash (60 seconds each side)  
Glute smash (60 seconds each side)  
Trap smash/roll out (60 seconds each side)  
Quad roll out (60 seconds each side)  
Hamstring roll out (60 seconds each side)  
Delto smash (60 seconds each side)

If you have time.....finish the day getting a mini core blast!

25 sit ups  
25 flutter kicks  
25 side crunches (R)  
25 side crunches (L)  
25/25 Alt V-ups  
25 bicycles  
25 mountain climbers  
25 Russian twists

Most of all, have fun!!