

ZOAR COMPETITION GUIDE

Preparing to Test or ReTest a Workout

ZOAR

The Workout

Record the Workout (*exactly as it is written*)

Research & Record Movement Standards (*or ones you frequently forget to meet*)

Lead Up Preparation (The Day Before & Morning of Workout)

Visualization (*you get limited physical attempts, but unlimited mental ones*)

Nutrition (*focal points for proper fueling*) _____

Mobility (*areas to address prior to the warm-up*) _____

Gear (*What gear do you need? e.g. jump rope, shoes, lifters, clothing, wrist wraps, knee sleeves*)

Room Setup (*1 - What equipment do you need, and 2 - How will you orient the space for quick transitions and easy filming?*)

Filming (*Where will you set up your camera to film?*) _____

(If using phone, place on Do Not Disturb and use a WOD Timer App. e.g. WeTime)

Judge (*Who will be your judge? Is he or she certified?*) _____

(Reach out to them and make sure he or she can meet you on a set date and time.)

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Initiation Workout Analysis (Prior to First Attempt)

Workout First Impressions (*Strengths & Weaknesses, Loading & Volume, Excitement Level, etc.*)

Predictions – Time & Score + Splits (*How long do you predict each section of the workout will take you? Guess Your Splits for Each Movement and Each Round.*)

How will you break up the reps? (*Include the movement variation. e.g. Power vs. Muscle Snatch*)

Warm-Up & Cooldown Protocol

This will come from your coach if you are a ZOAR Fitness athlete

A) Thermogenic Warm-Up (*Get the aerobic system humming, nice and easy*)

B) Movement Prep & Mobility (*Claiming ROM, Building Positions, "Greasing the Groove"*)

C) Rehearsal (*Energy System Specific, Should Reach a Degree of Fatigue, Highly Specific*)

D) [Test] (*Rest 3-5 minutes after the Rehearsal. Then 3,2,1,Go! Lay it all out there.*)

E) Cooldown / Flush / Mobility (*Clear Metabolites, Recover Breathing Patterns, Reclaim Position*)

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Workout Analysis

Score (or) Time = _____

Record Splits

1 = _____ 2 = _____ 3 = _____ 4 = _____ 5 = _____ 6 = _____

7 = _____ 8 = _____ 9 = _____ 10 = _____ 11 = _____ 12 = _____

Post-Workout Thoughts (*How did the test differ from your initial analysis?*)

Improving in the Event of a ReTest (*Where can you save time or shave a few seconds?*)

Accelerating Recovery (*What steps can you take to speed the recovery process?*)

ReTest (Optional)

Score (or) Time = _____

Record Splits

1 = _____ 2 = _____ 3 = _____ 4 = _____ 5 = _____ 6 = _____

7 = _____ 8 = _____ 9 = _____ 10 = _____ 11 = _____ 12 = _____

Post-Workout Thoughts (*How did the retest differ from your first attempt?*)
