

DEADLY DOZEN

RULEBOOK

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Contents

Table of Contents

Introduction	3
The Race	4
Race Structure	4
Race Variations.....	6
Solo Race.....	6
Pairs Race.....	6
Relay Race.....	6
Equipment	7
The Rulebook	9
Registration	9
Age Categories	9
Equipment	10
Hydration and Nutrition	10
Race Day Protocol.....	11
Scaling.....	11
Race Declaration	11
The 12 Rules.....	12
Journey Rules.....	13
Labour Rules	13
1. KB Farmers Carry	14
2. KB Deadlift	15
3. DB Lunge	16
4. DB Snatch	17
5. Burpee Broad Jump.....	18
6. KB Goblet Squat	19
7. WP Front Carry	20
8. DB Push Press	21
9. Bear Crawl.....	22
10. WP Clean & Press.....	23
11. WP Overhead Carry	24
12. DB Devil Press	25
Awards	26
The Top 12 Athletes: The Deadly Dozen.....	27
The Hercules and Atalanta Patches	27
Mori Collecting: Stoic Patches.....	27
Gym Races	28
The Training Manual	29
Paperback Programs	30
Deadly Dozen Affiliate.....	31
Our Academy	32

Introduction

The Deadly Dozen (DD) has been designed to be one of the hardest yet most accessible fitness races in the world.

The race involves 12x 400m runs, which we refer to as “Journeys,” and 12x exercise stations, which we refer to as “Labours.” The Labours only use bodyweight (BW), kettlebell (KB), dumbbell (DB) and weight plate (WP) exercises. Therefore, race training is incredibly accessible in any setting, whether in a gym, at home or outdoors. Ultimately, an individual could effectively train for the event with just a pair of KBs.

Another benefit of only using KBs, DBs and WPs is that they are easy to store and transport and extremely unlikely to break or get damaged.

Official Deadly Dozen races are held on athletics tracks and involve running a 400m lap before crossing over into the centre and completing a Labour and repeating the process until the athlete has completed all 12 Labours – 6 of the Labours move between a 30m lane (Distance Labours – D Labours) and 6 are stationary (Rep Labours – R Labours).

Of course, Deadly Dozen races can be hosted on an open area with a 400m loop.

The Deadly Dozen Labours (exercises) have been selected so that they develop a well-rounded training program that develops the Half Dozen Fundamental Movements: Hinge, Squat, Lunge, Push, Pull and Carry, all of which require some level of bracing and/or rotational movement.

The Deadly Dozen is NOT just a fitness race; it is an entire training methodology.

In short, the Deadly Dozen Method (DDM) splits training down into three major disciplines: Collectively, these are called the Deadly Dozen Triad (DDT).

The Deadly Dozen Triad:

1. **Strength Training:** Resistance training sessions (usually gym-based) that concentrate on low and mid-volume sets (lower reps) with higher training intensities (heavier).
2. **Labour Fitness:** Circuit training sessions that include some or all of the Labours performed at higher volumes (for high reps or time). These sessions can include or not include Journeys (runs and other forms of cardio).
3. **Journey Fitness:** Running training sessions that are usually split between long-duration work at lower intensities or interval work at higher intensities. However, Journey fitness does not have to be a run; it can be a row, ski, cycle or swim, etc.

Note: Alongside the main running-based event, variations such as Deadly Dozen Row, Deadly Dozen Ski and Deadly Dozen Cycle can also be practised: DD Row and Ski use the same Journey distance (1:1 Run to Row/Ski Ratio: 400m on all), whereas DD Cycle doubles the Journey distance (1:2 Run to Cycle Ratio: Cycle 800m).

Other potential Deadly Dozen variations include DD Swim (4:1 Run to Swim Ratio: 100m swim) or DD Climb, where a rock wall or obstacle/obstacle course is completed as a Journey.

The Race

The Deadly Dozen Fitness Race works off a Dozenal (duodecimal) system. Therefore, all distances and reps are based around the number 12 (a superior highly composite number) and can be increased or decreased by 25, 50 or 75% while maintaining round numbers – this is a key element of the training methodology.

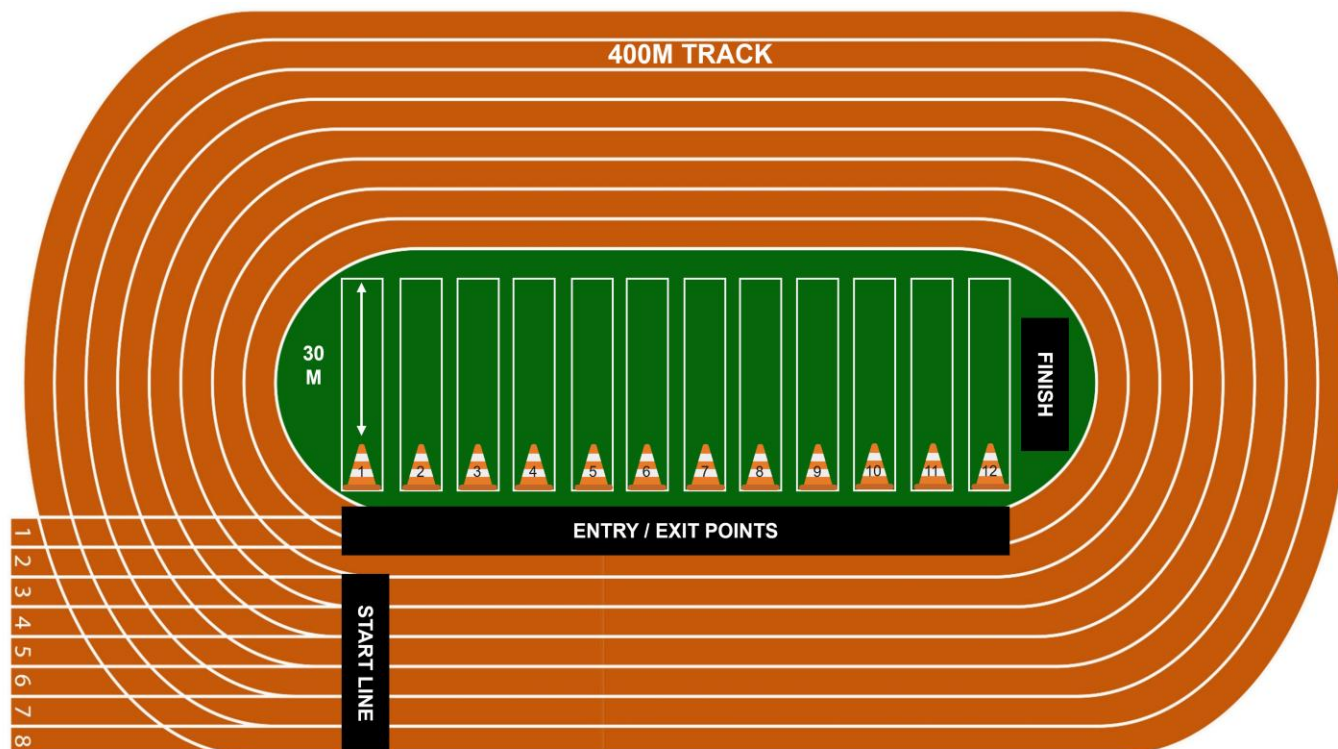
Race Structure

- 400m Run
- **1. KB Farmers Carry: 240m**
- 400m Run
- **2. KB Deadlift: 60 Reps**
- 400m Run
- **3. DB Lunge: 60m**
- 400m Run
- **4. DB Snatch: 60 Reps (Alternate)**
- 400m Run
- **5. Burpee Broad Jump: 60m**
- 400m Run
- **6. KB Goblet Squat: 60 Reps**
- 400m Run
- **7. WP Front Carry: 240m**
- 400m Run
- **8. DB Push Press: 60 Reps**
- 400m Run
- **9. Bear Crawl: 120m**
- 400m Run
- **10. WP Clean & Press: 60 Reps**
- 400m Run
- **11. WP Overhead Carry: 180m**
- 400m Run
- **12. DB Devil Press: 20 Reps**

Total Journey Distance: 4800m / Total Distance Labours: 900m / Total Rep Labours: 320 Reps

Here is an illustration of how the event is set up on a 400m athletics track:

Note: This can be replicated on a sports field. You can even perform the Labours within an open gym space and then go outside and run 200m from the gym and 200m back (accessibility!)



Here are the weights that are used by male and female athletes:

Labours	Male Weight	Female Weight
KB Farmers Carry	2x 24kg / 53lbs	2x 16kg / 35lbs
KB Deadlift	1x 32kg / 70lbs	1x 24kg / 53lbs
DB Lunge	2x 12.5kg / 30lbs	2x 7.5kg / 20lbs
DB Snatch	1x 15kg / 35lbs	1x 9kg / 20lbs
Burpee Broad Jump	Bodyweight (BW)	Bodyweight (BW)
KB Goblet Squat	1x 16kg / 35lbs	1x 12kg / 26lbs
WP Front Carry	1x 25kg / 55lbs	1x 20kg / 45lbs
DB Push Press	2x 12.5kg / 30lbs	2x 6kg / 15lbs
Bear Crawl	Bodyweight (BW)	Bodyweight (BW)
WP Clean & Press	1x 15kg / 35lbs	1x 10kg / 25lbs
WP Overhead Carry	1x 15kg / 35lbs	1x 10kg / 25 lbs
DB Devil Press	2x 10kg / 25lbs	2x 5kg / 12lbs

Race Variations

Solo Race

The Solo Race involves running the entire event as an individual.

There is no time limit on the race. However, each Labour (exercise) must be completed in the right order, and athletes cannot move on until the Labour is completed.

If an athlete is unable to complete a Labour to the set standard (modified technique or range of motion, etc), their final race time will be followed by “(s)” which denotes that they have “scaled” the race.

Pairs Race

The Pairs Race involves running the event in teams of two.

Both athletes run every 400m Journey together and are involved in completing each Labour. However, they can split each Labour between them in any way they see fit: One athlete can complete an entire Labour independently, or the athletes can alternate how they see fit.

Athletes can be same-sex or mixed - mixed teams use the male weights (female-only teams use the female weights). Athletes can be any age combination (above 18).

If either athlete needs to scale a Labour, the final time will be followed by (s).

Equipment must be placed down on the floor before the other athlete takes over – the equipment can NOT be passed to your partner. Athletes must move together on the Distance Labours (one walking/jogging).

Only one athlete wears the timing chip.

Relay Race

The Relay Race involves running the event in teams of four.

Each athlete runs 1x Journey and 1x Labour before the next team member goes. Therefore, each athlete completes 3x Journeys and 3x Labours to complete the race – athletes can choose which Labours they complete, but they must complete the race in the correct order.

Athletes can be same-sex or mixed (2x male + 2x female) – athletes use the relevant weights for their sex. Athletes can be any age combination (above 18).

If any athlete needs to scale a Labour, the final time will be followed by (s).

Equipment must be placed down on the floor before the next athlete goes.

All four athletes wear a timing chip.

Equipment

When I decided that I wanted to create a fitness race that combined resistance exercises with running, and I wanted that race to be one of the most accessible fitness races and training methodologies in the world, I knew the race had to include only Bodyweight (BW), Kettlebell (KB) Dumbbell (DB), and Weight Plate (WP) exercises.

Of course, you can use any KBs, DBs and WPs that are available to you. However, Official Deadly Dozen Races use a set style of equipment – this equipment is available from equipment providers worldwide.

- The KB Labours can use both Cast Iron and Competition Kettlebells: The Farmers Carry and Deadlift can use Cast Iron or Competition KBs, and the Goblet Squat uses a Cast Iron KB
- The DB Labours use Hex Dumbbells (metal handles with rubber hexagonal bells)
- The WP Labours use Thick Rubber Bumper Plates (Diameter: 45cm)

WP Thickness (circa): 25kg/55lbs: 8-9cm / 20kg/45lbs: 8cm / 15kg/35lbs: 6cm / 10kg/25lbs: 4-5cm



The following tables include everything you need to run a race simulation at the official race weights – of course, you can use the same weight(s) for multiple Labours (this is noted in bold brackets)

Male Weights:

KBs	Dumbbells	Weight Plates
1x 32kg / 70lbs	1x 15kg / 35lbs	1x 25kg / 55lbs
2x 24kg / 53lbs	4x 12.5kg / 30lbs (2x)	2x 15kg / 35lbs (1x)
1x 16kg / 35lbs	2x 10kg / 25lbs	

Female Weights:

KBs	Dumbbells	Weight Plates
1x 24kg / 53lbs	1x 9kg / 20lbs	1x 20kg / 45lbs
2x 16kg / 35lbs	2x 7.5kg / 20lbs	2x 10kg / 25lbs (1x)
1x 12kg / 26lbs	2x 6kg / 15lbs	
	2x 5kg / 12lbs	

Event Setup:



The Rulebook

The Deadly Dozen Fitness Race involves athletes competing against each other to complete 12x 400m runs (Journeys) and 12x exercise stations (Labours). Therefore, specifically when it comes to the Labours, it is essential that movement standards are strictly standardized for everyone to ensure a fair race.

In this section, we look at the overall rules of the race and an in-depth look at each of the Labours, detailing the key rules.

Registration

- Deadly Dozen Fitness Race Registration can only be done via the official Deadly Dozen Website: **www.deadlydozen.com**
- Athletes must select their gender category (Male or Female), input their age and select the race category they are entering (Solo, Pairs, Relay)
- The athlete must be at least 18 years old on the day of the Deadly Dozen race
- The athlete must agree to the terms and conditions set upon registration
- Race spots are non-refundable and non-deferrable. Ticket transfers can be done for FREE.

Age Categories

Age categories are determined by their age on the race date – if the athlete turns 50 the following day, they are still in the 45-49.

- 18-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80+

Pairs age categories are created by adding the two participants ages together and dividing them by two, e.g., 40 plus 50 equals 90. 90 divided by 2 is 45.

Relay age categories are created by adding the four participants ages together and dividing them by four.

$40+20+50+60 = 170$. $170 / 4 = 43$ (rounded up from 42.5)

Equipment

The following equipment **can** be used/carried during the race:

- Appropriate clothing: Shorts/joggers/t-shirt/vest – athletes can go topless
- Appropriate trainers: Trainers can have carbon plates
- Appropriate headwear (caps)
- Watch/heart rate monitor
- Sweatbands – headbands and wristbands
- Gloves
- Knee sleeves or joint supports
- Belts – equipment cannot be rested on belts
- Athletes can choose to carry a hydration pack (worn on their back) and can carry snacks/energy gels, etc. However, these must be carried by the athlete, and all rubbish must be kept on the athlete

The following equipment **can NOT** be used/carried during the race:

- Trainers with spikes
- Phones
- Headphones
- Rings or jewellery that could cause injury if it were to get caught
- Lifting straps
- Chalk – powdered or liquid (no tacky)

Hydration and Nutrition

Athletes can NOT receive any hydration or nutritional products from a spectator. Water is available on the final bend of the track (near the start line) prior to entering the Labour stations.

It is advised that athletes hydrate fully and eat around 2-3 hours before their race wave.

We recommend you trial the appropriate nutrition protocol for the race day weeks/months prior: Program some form of race simulation/hard training session and trial your morning routine.

Race Day Protocol

- Athletes must turn up 1 hour before their wave time
- Upon arrival, athletes head to the registration area (clubhouse) with a copy of a form of government-issued ID (Passport or Driving License)
- Once registered, the athlete will receive a numbered timing chip that is worn on their ankle
- Bib numbers are written on the athlete's forearm or leg
- One person from the pairs team wears the timing chip
- All four relay team members wear a timing chip
- Timing chips MUST be given back – a Deadly Dozen official will take the chip back after the last Labour before the athlete leaves the centre of the track (this is also where you get your medal)
- Toilets are available at the athletics track
- Athletes are responsible for their training equipment and valuables on the day
- Athletes can use the areas surrounding the track for warm-ups
- Athletes must be on the track (starting box) 6 minutes before their wave starts (waves are every 5-6 minutes) – they can use the designated area within the track to warm up during this time

Scaling

All activities involved in the Deadly Dozen Fitness Race can be “Scaled” (s) to accommodate for the needs of the athlete. Athletes with specific needs should contact the race director prior via email (info@deadlydozen.co.uk) to ensure we can accommodate for the athlete to the best of our ability – we stand by our aim to be the most accessible fitness race in the world.

Race Declaration

The athlete agrees to race in a fair and honourable manner, and to show good sportsmanship throughout the race. The athlete agrees to show the utmost of respect to Deadly Dozen officials and volunteers, other athletes, and spectators. If these standards are not met, the athlete will be disqualified from the race and potentially banned from future races. No refunds will be given to athletes that are disqualified or banned.

In consideration of being permitted by Deadly Dozen to participate in its activities and to use its equipment and facilities, now and in the future, I hereby agree to release, indemnify and forever discharge Deadly Dozen, its agents, owners, members, shareholders, directors, partners, employees, volunteers, manufacturers, participants, lessors, affiliates, its subsidiaries, related and affiliated entities, successors and assigns (the “RELEASED PARTIES”), on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

I acknowledge that my participation in Deadly Dozen activities and use of Deadly Dozen facilities entails known and unknown risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I understand that such risks simply cannot be eliminated without jeopardising the essential qualities of the activity.

The 12 Rules

These are the overarching rules of the race.

1. The first rule of Deadly Dozen: You must tell as many people as possible about the Deadly Dozen.
2. Solo waves take place between 09:00 + 12:30. Pairs and Relay waves take place between 12:30 + 16:00. Competitors must be able to race at any time during these time slots. Exact wave times are released on the week of the race.
3. All athletes must arrive and register for the race at least 1 hour before their wave time.
4. All athletes must wear appropriate sportswear and trainers for the race – carbon trainers are allowed, but spikes are NOT allowed.
5. All athletes must abide by all Deadly Dozen rules and regulations and treat other athletes with respect.
6. All athletes must stay within the lanes of the athletic track when completing Journeys. Athletes should NOT run in the first lane (closest to the Labour entry point) while on the initial 100m stretch – athletes should be aware of incoming runners when leaving the Labour Lanes.
7. Athletes must NOT purposefully block other athletes while on the track.
8. All athletes must aim to perform the Labours to the correct standard (unless scaled) and must ensure they cover the correct distance/perform the correct number of reps. If an athlete cannot complete a Labour to the correct standard or cannot complete the programmed distance or reps, they get an “(s)” (scaled) by their final time. Athletes can be given “No Reps” by judges if a rep is not to standard or told to adjust their form.
9. During Labours, rests can be taken at any time, but the equipment must be placed down under control and the rest is taken on that exact spot. Upon completion of the Labour, the equipment is placed down ready for the next athlete.
10. All athletes must respect the judge's decisions – if a judge doesn't count a rep, your form was off.
11. Waves are set off every 5-6 minutes.
12. If an athlete gets to a Labour and there is no available equipment, they are credited the missed time back – this is extremely unlikely to happen.

Journey Rules

- The race starts with a 400m Journey around the track. This starts in line with the first Labour station on the outside lanes
- Athletes can move into the second lane as soon as they want and into the first (inside) lane once they have passed the final Labour station (approach the first curve of the track)
- Athletes must NOT purposefully block or hinder other athletes – athletes take over on the outside
- Athletes can get a drink of water that is available on the outer lanes of the final curve of the track before approaching the Labours – cups/bottles must be thrown into the bins provided
- Upon reaching the first 100m stretch (the Labour entry and exit points) the athlete can run down the inside lane and once they reach the first Labour, the athlete steps onto the inside area of the track (across the timing mat) and begins the Labour
- Upon completing the first Labour, the athlete steps across the timing mat and back onto the track
- The athlete completes another 400m run and crosses onto the inside of the track in line with the second Labour
- This process is repeated until all 12 Labours are complete
- Pairs teams complete all 12 Journeys together
- Relay teams only complete 3 Journeys each

Labour Rules

The following pages describe the rules of each of the 12 Labours:

1. KB Farmers Carry
2. KB Deadlift
3. DB Lunge
4. DB Snatch
5. Burpee Broad Jump
6. KB Goblet Squat
7. Plate Front Carry
8. DB Push Press
9. Bear Crawl
10. Plate Clean & Press
11. Plate Overhead Carry
12. DB Devil Press

1. KB Farmers Carry

The KB Farmers Carry involves carrying a KB in each hand and walking or running a distance of 240m over a 30m lane (8x 30m lengths / 4x there and back).

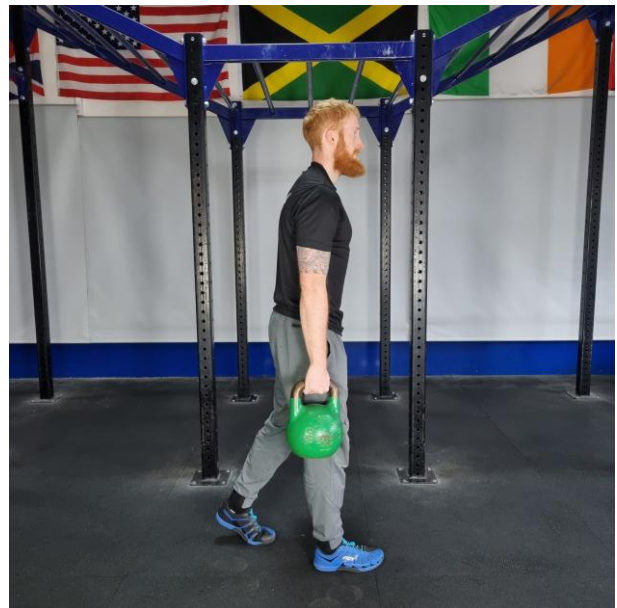
Distance: 240m

Male Weight: 2x 24kg / 53lbs (KB)

Female Weight: 2x 16kg / 35lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The athlete can walk or run
- The KBs can be placed down at any time. The athlete must place them down where they are stood and remain in that position until they pick them up again
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- Upon completion of the full distance, the KBs must be placed down so that they are ready for the next athlete



2. KB Deadlift

The KB Deadlift involves picking up a KB from the floor with straight arms and fully extending the knees and hips so that the shoulders come behind the KB at the top. The KB is then returned to the floor and must touch the floor (not dropped) before subsequent reps are completed.

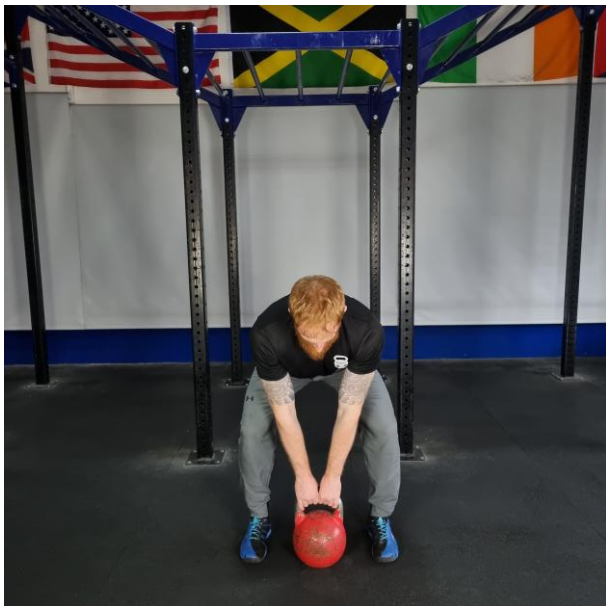
Reps: 60

Male Weight: 1x 32kg / 70lbs (KB)

Female Weight: 1x 24kg / 53lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The feet can be slightly wider than shoulder-width, but NOT a wide sumo stance
- The hands do NOT have to leave the handle of the KB between each rep, but the athlete can take their hands off at any time to rest
- Rests must be taken in a stationary position – the athlete can NOT walk around
- The KB must touch the floor between each rep, otherwise the lift is a no rep
- Both the knees and hips must fully extend at the top and the shoulders must finish behind the KB
- On the last rep, the KB must be placed down so that it is ready for the next athlete



3. DB Lunge

The DB Lunge involves holding a DB in each hand in a farmer's carry position (straight arms at your sides) and performing walking lunges for 60m (2x 30m lengths – 1x there and back).

Distance: 60m

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 7.5kg / 20lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- The athlete can put the DBs down at any time and rest. However, they must place the DBs down under control and rest in a stationary position where they stopped
- The rear knee must touch the floor during each lunge, and the knee that touches the floor must alternate (the athlete can NOT lunge forward with the same leg twice)
- The knees and hips must fully extend at the top of each lunge
- If the knee does not touch the floor or the hips and knees do not fully extend at the top, the athlete gets 1 warning before being told to stop and take one step back
- The athlete can stride through with the rear leg into the next lunge without setting their foot down, or they can place the foot down before proceeding into the next lunge
- The athlete can NOT take any steps forward in between lunges. If they do, they will be told to stop and take a step back
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete



4. DB Snatch

The DB Snatch involves taking a single DB from the floor to overhead in one movement. This is done in an alternating fashion from one arm to the next – the athlete can NOT perform multiple successive reps on the same side.

Reps: 60 (30 Each Side)

Male Weight: 1x 15kg / 35lbs (DB)

Female Weight: 1x 9kg / 20lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DB is on the floor and the athlete grips it with one hand. Their other hand can be supported on their leg
- The DB is pulled upward and taken overhead, and the elbow must extend fully – if the elbow does not extend fully, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend arms overhead)
- The athlete can change hands on the way down (the working arm must extend before the DB is changed to the other hand) or while the DB is on the floor
- Only one of the bells (the end of the DB) has to touch the floor – if it doesn't touch the floor, it is a no rep
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DB must be placed down so that it is ready for the next athlete



5. Burpee Broad Jump

The Burpee Broad Jump involves performing a burpee (going from a standing position to lying chest down on the floor) before standing up and jumping forward with both feet and landing with both feet (broad jump, aka horizontal jump). This is done for 60m (2x 30m lengths – 1x there and back).

Distance: 60m

Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

Key Rules:

- The athlete must start behind the line and perform a burpee with their chest and thighs touching the floor – the athlete can step or jump down into the bottom position, but the hands can't crawl forward
- The athlete can step up or jump up from the bottom position (the body does NOT have to fully extend before jumping)
- If jumping up, where the feet land is where the broad jump is performed from – athletes can NOT step forward after jumping up. If stepping up, after the initial step, the rear foot steps up in line with the front foot and the broad jump is performed from there – no additional steps can be taken
- The athlete must perform the jump with both feet and land with both feet
- Upon landing the jump, no additional steps can be taken and if the athlete stumbles forward or steps forward by accident, they must stop and take a step back
- Upon landing the jump, the athlete can place their hands down anywhere in front of their feet and perform the next burpee by jumping or stepping back with their legs (NOT crawling forward with their hands) – the athlete can NOT dive or leap forward with their body into the bottom of the burpee
- The athlete can rest at any time in any position (on their knees, etc). However, they must remain where they stopped – they can NOT crawl forward
- At each end of the 30m lane, the athlete must cross over the line with their entire body, i.e., jump over the line



6. KB Goblet Squat

The KB Goblet Squat involves holding a KB to the front (above the waist) and performing squats to parallel or below (thighs in relation to the floor). Therefore, the thighs must be at least parallel to the floor.

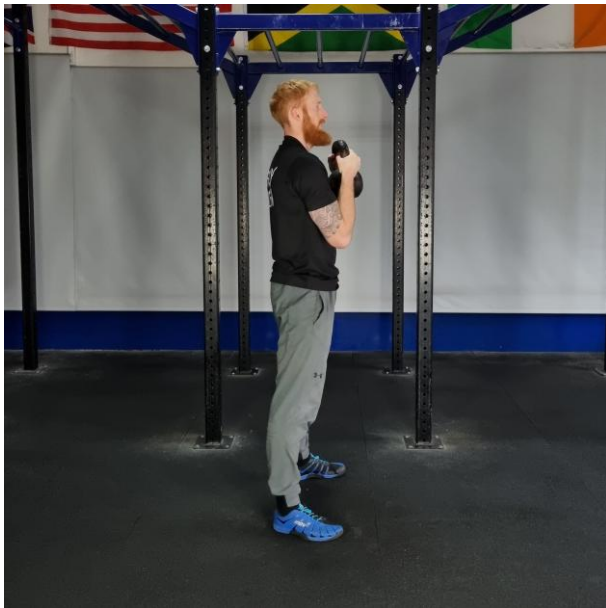
Reps: 60

Male Weight: 1x 16kg / 35lbs (KB)

Female Weight: 1x 12kg / 26lbs (KB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the KB how they like
- The KB must be held above the athlete's waist – if the KB drops below the waistline, it is a no rep
- The stance can be slightly wider than shoulder width, but a sumo squat position can NOT be used (athletes would struggle to achieve the appropriate depth if the squat stance is too wide)
- The athlete must squat to at least a parallel position, where their thighs are parallel to the floor, i.e., the hips are at the same height at the knees
- The forearms can NOT push on the legs at the bottom of the squat
- Both the knees and hips must fully extend at the top of the movement
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the KB must be placed down so that it is ready for the next athlete



7. WP Front Carry

The WP Front Carry involves carrying a WP to your front (with both arms) and walking or running a distance of 240m over a 30m lane (8x 30 lengths / 4x there and back).

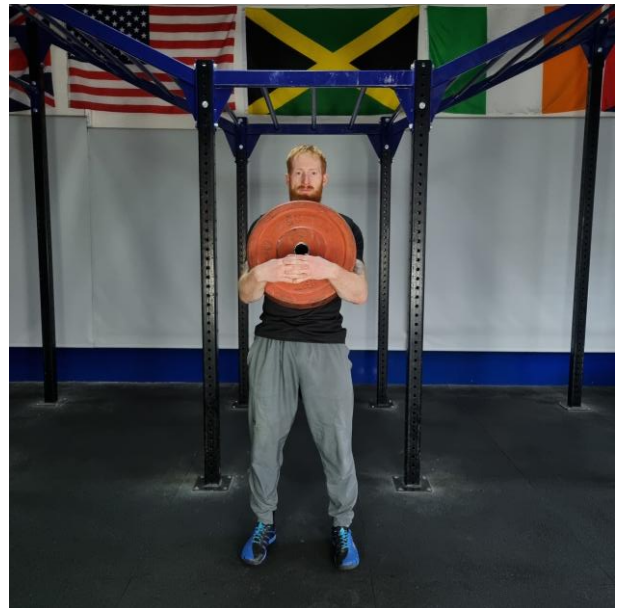
Distance: 240m

Male Weight: 1x 25kg / 55lbs (WP)

Female Weight: 1x 20kg / 45lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as it is held with both hands/arms at the front of their body (NOT on their shoulder or head)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete



8. DB Push Press

The DB Push Press involves pressing a pair of DBs from the shoulders to overhead. A leg drive can be used (a bend and extension of the knees to propel the DBs upwards). The elbows must extend fully overhead.

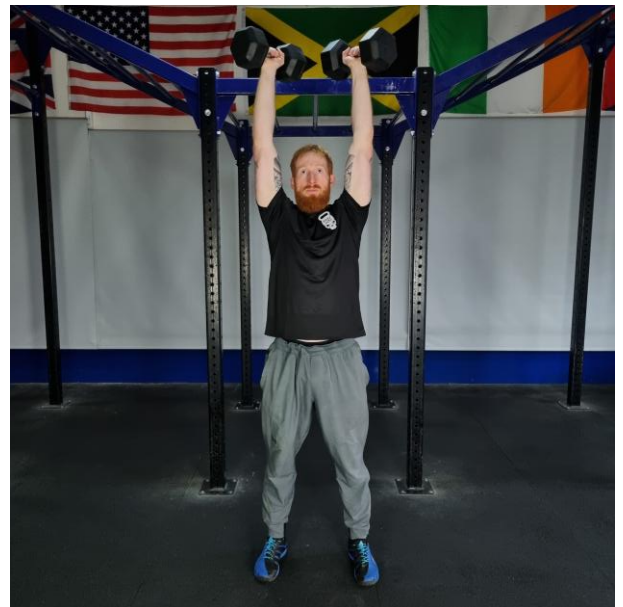
Reps: 60

Male Weight: 2x 12.5kg / 30lbs (DB)

Female Weight: 2x 6kg / 15lbs (DB)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, the DBs should be either touching the shoulders or be just above the athlete's shoulders (no higher than the athlete's ears)
- The athlete can press the DBs overhead using a strict press (upper body only). However, a bend of the knees followed by an explosive extension of the knees can be used to propel the DBs overhead (Push Press)
- The elbows must fully extend overhead, otherwise it is a no rep.
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- Rests must be taken in a stationary position – the athlete can NOT walk around
- On the last rep, the DBs must be placed down so that they are ready for the next athlete



9. Bear Crawl

The Bear Crawl involves crawling on all fours (hands and feet – NOT knees) over a distance of 120m (4x 30m lengths – 2x there and back).

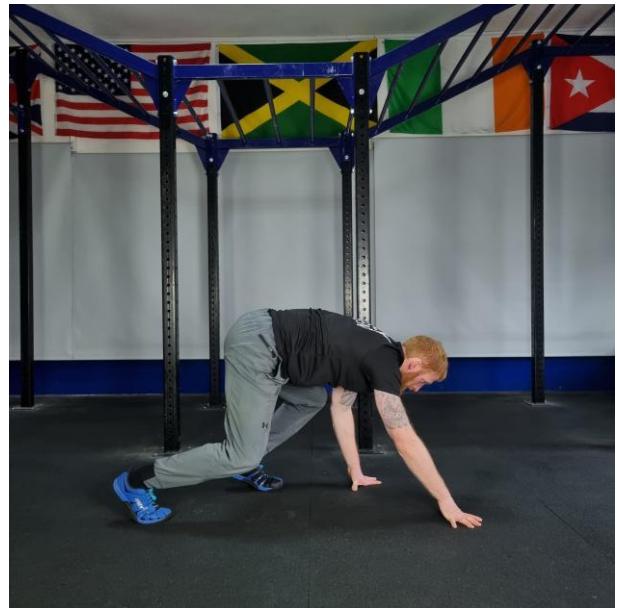
Distance: 120m

Male Weight: Bodyweight (BW)

Female Weight: Bodyweight (BW)

Key Rules:

- The athlete must start behind the line and get onto their hands and feet and start crawling
- The knees are not allowed on the floor while crawling
- There should always be at least one hand and one foot on the floor at all times.
- The athlete can NOT use a “galloping” action where both hands and/or feet are off the floor at the same time
- The athlete can rest at any time in any position (on their knees, standing, etc). However, they must remain where they stopped – they can NOT crawl forward while on their knees
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both hands and feet). They can NOT stand up and step across the line, or crawl on their knees across the line



10. WP Clean & Press

The WP Clean & Press involves taking a WP from the floor to overhead. The WP must touch the floor between each rep and the elbows must fully extend overhead.

Reps: 60

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used
- At the bottom of the movement, any part of the WP can touch the floor (usually the top edge as pictured) – if the WP doesn't touch the floor, it is a no rep
- The centre of the WP must be taken directly overhead, and the elbows must fully extend – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the WP must be placed down so that it is ready for the next athlete



11. WP Overhead Carry

The WP Front Carry involves carrying a WP overhead (with both arms) and walking or running a distance of 180m over a 30m lane (6x 30 lengths / 3x there and back).

Distance: 180m

Male Weight: 1x 15kg / 35lbs (WP)

Female Weight: 1x 10kg / 25lbs (WP)

Key Rules:

- No chalk is allowed
- Any style of grip can be used – the athlete can hold the WP how they like as long as the centre of the WP is directly over their head
- The athlete's elbows can be straight or bent, but the plate can NOT touch the head – if the WP touches the athlete's head, they will be asked to stop and given a caution (after 3 warnings the athlete is scaled)
- The athlete can walk or run
- The WP can be put down at any time, but the athlete must remain where they are – the athlete can NOT rest the WP on their head (even while stationary)
- At each end of the 30m lane, the athlete must cross over the line with their entire body (both feet)
- On the last rep, the WP must be placed down so that it is ready for the next athlete



12. DB Devil Press

The DB Devil Press involves holding a DB in each hand, performing a burpee with the chest and thighs touching the floor before jumping or stepping up, lifting the DBs and taking them overhead.

Reps: 20

Male Weight: 2x 10kg / 25lbs (DB)

Female Weight: 2x 5kg / 12lbs (DB)

Key Rules:

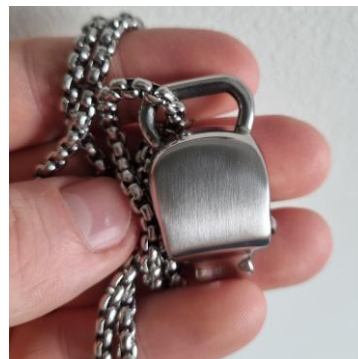
- No chalk is allowed
- Any style of grip can be used
- With a DB in each hand, the athlete performs a burpee and touches their thighs and chest to the floor. The athlete can jump or step down
- The athlete then jumps or steps up and stands up with the DBs and takes them overhead – this movement can be performed as a strict DB clean and press, or a swinging motion can be used
- The athlete's elbows must fully extend overhead – if the elbows do not fully extend overhead, it is a no rep
- If an athlete is unable to extend their elbows fully due to anatomical reasons, they must let the judge know prior to starting by showing the range of motion they have (extend their arms overhead)
- On the last rep, the DBs must be placed down so that they are ready for the next athlete



Awards

Meet *Mori*, the official mascot of the Deadly Dozen.

Note: The Mori Medal has exactly 12 teeth – that’s attention to detail right there!



We recommend you get a Stoic Quote of your choice engraved on the back (or any quote you like) – find a quote within this book that resonates with you: Memento Mori / Amor Fati / or my acronym G.Y.H.R.U.

Upon successful completion of the Deadly Dozen Fitness Race (even if Labours have been Scaled), every participant receives a Mori Medal, i.e., Our SkullBell Pendant – this is NOT a “participation medal” because you do NOT get a medal for just participating, you have to complete one of the hardest fitness races in the world to earn your Mori Medal! Scaled (s) attempts do get a medal because although we are tough, we are not monsters. The Mori Medal also makes a cool keyring.

Mori Skulls are an Official form of currency at our event merchandise stores.

The Deadly Dozen is split into two gender categories (male and female) and there are three race variations: Solo, Pairs and Relay. The latter two have both same-sex and mixed categories. Therefore, there are 8 race divisions in total.

- **Solo Race:** Male / Female
- **Pairs Race:** Male / Female / Mixed
- **Relay Race:** Male / Female / Mixed

The top three fastest times (non-scaled) from each division win 1st, 2nd and 3rd place, and we also account for age group winners and runners-up – age groups are 18-29 and 10-year increments after that (we have a calculation to work out the age category when there are age differences within Pairs and Relay teams).

The Top 12 Athletes: The Deadly Dozen

The top 12 male and top 12 female athletes across all races worldwide each year are known as the Deadly Dozen, and the number 1 male and female athletes gain the title of “Deadliest of the Dozen.”

Have you got what it takes to become one of the Deadly Dozen or the Deadliest of the Dozen?

The Hercules and Atalanta Patches

There are two patches that are awarded to just two athletes from the race. However, both patches can be awarded to the same athlete on the day.

- **HERCULES Patch:** Awarded to the athlete (male or female) that showed the most heart during the Labours
- **ATALANTA Patch:** Awarded to the athlete (male or female) who showed the most heart during the Journeys

The athletes are chosen by the Deadly Dozen officials who have overseen the event, along with recommendations from the judges.

You may be asking, “What do you mean by the most heart?” Well, it could be the slowest person that was seen to be struggling the most but still got through it. Or it could be the fastest person pushing themselves well beyond their limit, what we call RPE 12 – “Isn’t 10 the highest?” you ask. Yeah, well, our RPE Scale jumps to 12!

Note: RPE means Rating of Perceived Exertion and is explained in the section on Quantifying Training Loads – Page-71.

Mori Collecting: Stoic Patches

Every time you complete an Official Deadly Dozen Fitness Race, you are awarded a Mori Medal (SkullBell Pendant). When you collect a specific number of Mori Medals, we will send you the relevant Stoic Patch.

- Collect **3** Mori’s: **ZENO Patch**
- Collect **6** Mori’s: **SENECA Patch**
- Collect **9** Mori’s: **EPICTETUS Patch**
- Collect **12** Mori’s: **AURELIAS Patch**
- Collect **24** Mori’s: **DEADLY STOIC Patch**



Gym Races

Alongside the main track race (DEADLY RUN), there are 7 other Gym Races for a total of 8 Primary Deadly Dozen Fitness Races. We also have the Deadly Fitness Test (DFT) which comprises of the 6 Rep Labours.

1. **DEADLY RUN:** The main track race with 400m runs between the Labours.
2. **DEADLY ERG:** 1.6km row to start, 1.6km ski in the middle, and 1.6km bike to finish.
3. **DEADLY ERG 2:** Cycles through either Row, Ski or Bike between the labours.
4. **DEADLY ROW ERG:** 400m row between the Labours.
5. **DEADLY SKI ERG:** 400m ski between the Labours.
6. **DEADLY BIKE ERG:** 800m bike between the Labours.
7. **DEADLY AIR BIKE:** 24kcal between the Labours.
8. **DEADLY STRONG:** Labour-only event (just the exercise stations).

Note: The ERG and Air Bike races are called DEADLY MACHINE Races or simply Machine Races.

The 7 Gym Races have specific patches as prizes:

- **DEADLY STRONG**
- **DEADLY ERG**
- **DEADLY ERG 2**
- **DEADLY ROW ERG**
- **DEADLY SKI ERG**
- **DEADLY BIKE ERG**
- **DEADLY AIR BIKE**

All competitors get a patch.

Those who obtain all the ERG (ERG, Row, Ski, Bike) and the Air Bike Patches get awarded a **DEADLY MACHINE** Patch.

Those who complete all the Gym Races and the Track Races get a **DEADLY BEAST** Patch.

If you are keen to run an Official Deadly Dozen Gym Race, email: info@deadlydozen.com

The Training Manual

If you want to master the Deadly Dozen Fitness Race and Training Methodology, this manual is for you!

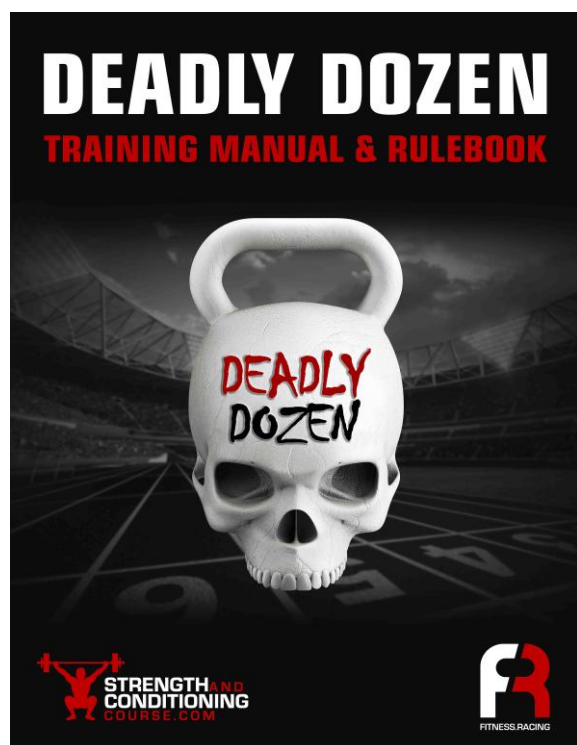
Over 250+ pages, this manual guides you through each aspect of the race and teaches you how to effectively develop all 12 components of physical fitness – many have described this manual as an entire Personal Training and Strength and Conditioning Qualification in one book!

The manual teaches you about the rules and regulations of the race and gives you an expert understanding of the fundamentals of movement and physical training, exercise physiology, periodization, and programming. It also teaches you how to warm up and use explosive movements to potentiate the body and takes a deep dive into over 60 exercises that will help develop a fitness racer's key performance qualities.

Throughout the manual, there are over 100 program examples, ranging from annual plans to daily session plans that focus on Strength Training (Resistance Training), Labour Fitness (Circuit Training), and Journey Fitness (Running and other forms of Cardio – Row, Ski, Cycle, etc).

Within the manual, you can access a colossal amount of FREE content, thousands of pages, including our 308-page Mobility & Flexibility eBook.

Whether you are a seasoned fitness racer or someone looking to complete their first race, this manual is an absolute goldmine of information and a must for anyone who takes their physical training seriously.



Purchase a Paperback copy on Amazon: <https://mybook.to/ddmanual>

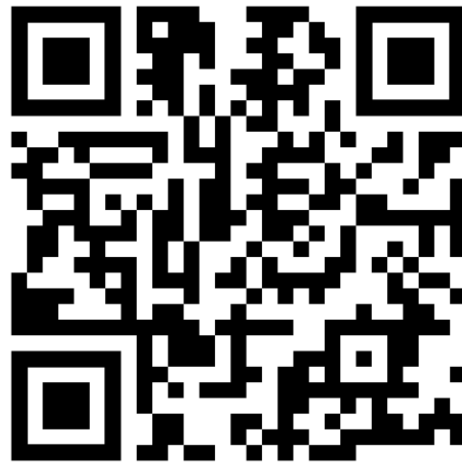
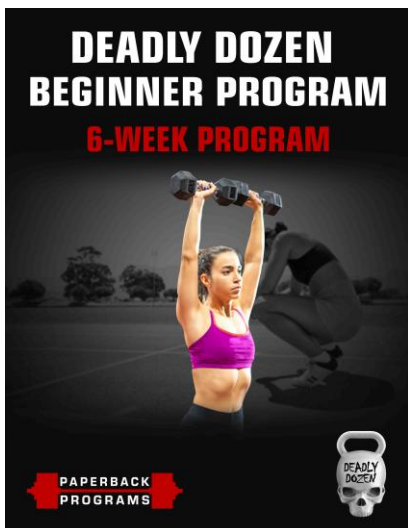
Purchase a PDF copy: <https://courses.strengthandconditioningcourse.com/p/ddtrainingmanual>

Paperback Programs

We have two Paperback Programs that are designed to get participants ready for the Deadly Dozen Fitness Race.

The first is a 6-Week Beginner Program for those that are new to fitness racing and need to build the fundamentals. The focus of the program is developing good movement technique, building muscular strength and endurance, and establishing a good aerobic base with progressive running.

The second program is a 12-Week Triad Program. The Deadly Dozen Triad is an ADVANCED program for well-trained individuals. The program focuses on developing a high level of strength, speed, power, and both aerobic and anaerobic fitness – it is NOT for the light-hearted!



Beginner Paperback on Amazon: <https://mybook.to/ddbeginner>

Beginner PDF Download: <https://courses.strengthandconditioningcourse.com/p/ddbeginner>



Triad Paperback on Amazon: <https://mybook.to/ddtriad>

Triad PDF Download: <https://courses.strengthandconditioningcourse.com/p/ddtriad>

Deadly Dozen Affiliate

Maximize your reach by joining our inner circle and becoming a Deadly Dozen Affiliate / Master Coach (MC).

For a small monthly fee, you can become an **Official Deadly Dozen Affiliate** and reap a whole host of benefits.

As a Deadly Dozen Affiliate, you get the opportunity to run Official Deadly Dozen Gym Races. You also gain your own unique login to our Online Hub, which is packed full of resources and educational content and is ever-growing. Within the hub, you can download our branding and marketing materials and even gain 30% commission on all book and course sales you make, for example, the Deadly Dozen Training Manual - many of our affiliates earn more than £30-150pm on sales which is automatically paid directly into their PayPal account.

What you get:

- Ability to promote your gym / yourself as an Official Deadly Dozen Centre / Master Coach and use our logo and branding for promotion - run Official Deadly Dozen classes and workshops
- Ability to run Official Deadly Dozen Gym Races
- A 30% commission code on all our online courses + eBooks - you earn 30% of the course / book sale!
- Access to a HUGE portfolio of educational resources that cover all things health, fitness and performance
- Mentorship / email support from our race director Coach Jason Curtis and his team of Master Coaches
- Access to take the Deadly Dozen Master Coach (DDMC) Exam
- Get your gym / your business info listed on the Deadly Dozen website

Note: You can only promote yourself as a Master Coach once you complete the exam and gain your certificate – the DDMC exam can be found within the Online Hub.

Check out the link below to become an Official Deadly Dozen Affiliate Today!

WWW.DEADLYDOZEN.COM

Our Academy

Check out all my content by using the link below or scanning the QR code:

www.courses.strengthandconditioningcourse.com/p/home

Or go to our LinkTree: www.linktr.ee/sccacademy



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