

Highland Heavies

Farmers' Walk



Introduction

The farmer's walk is strength event and has been adapted for the Junior Tartan Warriors to include an element of speed. The objective of the junior event is to get around a short course in the quickest time you can while carrying a heavy weight in each hand.

Instructions

1. Set up a short course in your backyard. The course should be a total of 25 metres (12.5 metres each way).
2. At the twelve metre mark, (halfway point) position a barrel/drum/bucket or cone, around which you will run or pivot.
3. Locate two small buckets/containers with handles and fill with water or sand so that each weighs about 15-20 kg. If you have barbells or something of a similar weight, use these instead. You need to be able to run with the objects in each hand without the contents spilling out.
4. Record the time it takes you to complete one circuit of the course - firstly without the weights and then carrying the weights in each hand.
5. Complete the activity (carrying the weight) ten times and rank your times from fastest to slowest.

Extra for Experts

Compete against your Mum or Dad... the loser makes tea!

Example

