

the
CrossFit
JOURNAL ARTICLES

The Grinder

CrossFit FRAGO #10, "NOLAN"

CFHQ
Santa Cruz, CA
USA

01 May 07

OPS 11
FRAGO 10 to OPORD 01 – OP GRINDER

Ref: A. OPORD 01 01 Jul 06

Task Organization: Annex A

1. SITUATION. No Change.
2. MISSION
"NOLAN": Complete as many rounds as possible in 20 minutes: 12 thrusters and 10 pull-ups
3. EXECUTION
 - a. Concept of Operations.
 - (1) Intent. Complete as many rounds of the exercises, as quickly as possible in a safe manner. This is a four-person-team, "time-specific" workout. The purpose of this workout is to develop cohesion and combat fitness under fatigue conditions through shared hardship, challenges, and competition.
 - (2) Scheme of Maneuver. The platoon will be divided into as many teams of four as possible. Each team will require 2 x .50-cal ammo cans for thrusters and two pull-up bars or two sets of rings. All the teams will start at the same time. Once each soldier has completed his required reps of thrusters, he will transition to pull-ups. Each exercise must be completed

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before moving on the next one—i.e., you must finish all 12 thrusters before starting the 10 pull-ups. However, each exercise may be broken up into sets as desired—e.g., two sets of 5 pull-ups to complete the required 10, or a set of 7 and a set of 5 thrusters to complete the set of 12. If a soldier is unable to complete 10 pull-ups on his own, spotting will be permitted. However, spotting will be executed by supporting the back of the person doing pull-ups, not by supporting his feet, and assistance can be provided only by a team member who is also conducting pull-ups. Spotting is only permitted for pull-ups.

(3) Main Effort. The safety of all personnel, and the development of unit cohesion and combat fitness through shared challenge and hardship.

(4) End State. The safe and successful completion of all exercises.

b. Coordinating Instructions.

(1) Team Organization. Squad leaders can organize their soldiers however they wish. It is a leadership decision on how best to deploy each soldier to accomplish the mission.

(2) Scaling. The workout can be conducted in PT gear or full battle gear to include vests with plates, depending on the fitness levels of your soldiers. The number of reps can be increased or decreased based on the skill level of your troops.

(3) Scoring. The number of rounds competed by each soldier in the team is recorded. The team score is the combination of all four soldiers' completed rounds. For example, if soldier A completes 10 rounds, soldier B completes 12 rounds, soldier C completes 9 rounds, and soldier D completes 15 rounds, the team's score will be 46. The team or squad that completes the most rounds comes in first.

(4) 25mm Ammo-Can Thrusters. For safety reasons, it is imperative that the 25mm ammo can be lifted from the ground by the proper technique. The ammo can must be placed on the ground upside down (so that the lid of the ammo can is on the ground). With his back held in the proper deadlift position, the lifter deadlifts the ammo can to the hang position, where it remains inverted, with the lid facing the ground. From the hang position, he cleans the ammo can to the rack position (the thruster start position). It is during this transition, from the hang to the racked position, that the ammo can rotates 180 degrees (to end with the lid facing up). This is the start position for the thrusters.

(5) Safety. Ensure that all equipment is checked and serviceable before conducting the workout, and that all soldiers are proficient in the required exercises. Safety is every member's responsibility.

(6) Follow-on Tasks. The next workout will require a 400-meter running route, two 25-mm ammo cans, and two pull-up bars or sets of rings for each six-person team.

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3. SERVICE SUPPORT

a. Equipment Weights

Ammo Can Nomenclature	Quantity / Size	Type	Weight	Contents
Cart 25mm APFSDS-T	30 rds	PA125	70 lbs	Sand
Nylon webbing, plain weave, tubular (austere rings)	NA	8305-21-111-5411	NA	NA
Snap Link, Mountain Piton (austere rings)	12mm	8465-21-896-8280	NA	Claw snap and screwgate
PVC pipe 1 1/2 inch (austere rings)	8 inch x 2 per rings	Standard	NA	NA

b. Equipment Requirements. Each four-person team will require two 25-mm ammo cans and two sets of pull-up bars or two sets of rings (austere or regular).

c. Time and Repetition Recording. One stopwatch for all teams and a method of recording each team's rounds.

4. COMMAND AND SIGNAL

a. Timer/Score Recorder. Only one timekeeper is required for all teams. All four-person teams begin and end the workout at the same time. It is recommended that at least one person per team start his stopwatch to act as a backup in case the primary timekeeper's stopwatch fails. A method of recording each soldier's rounds is also required.

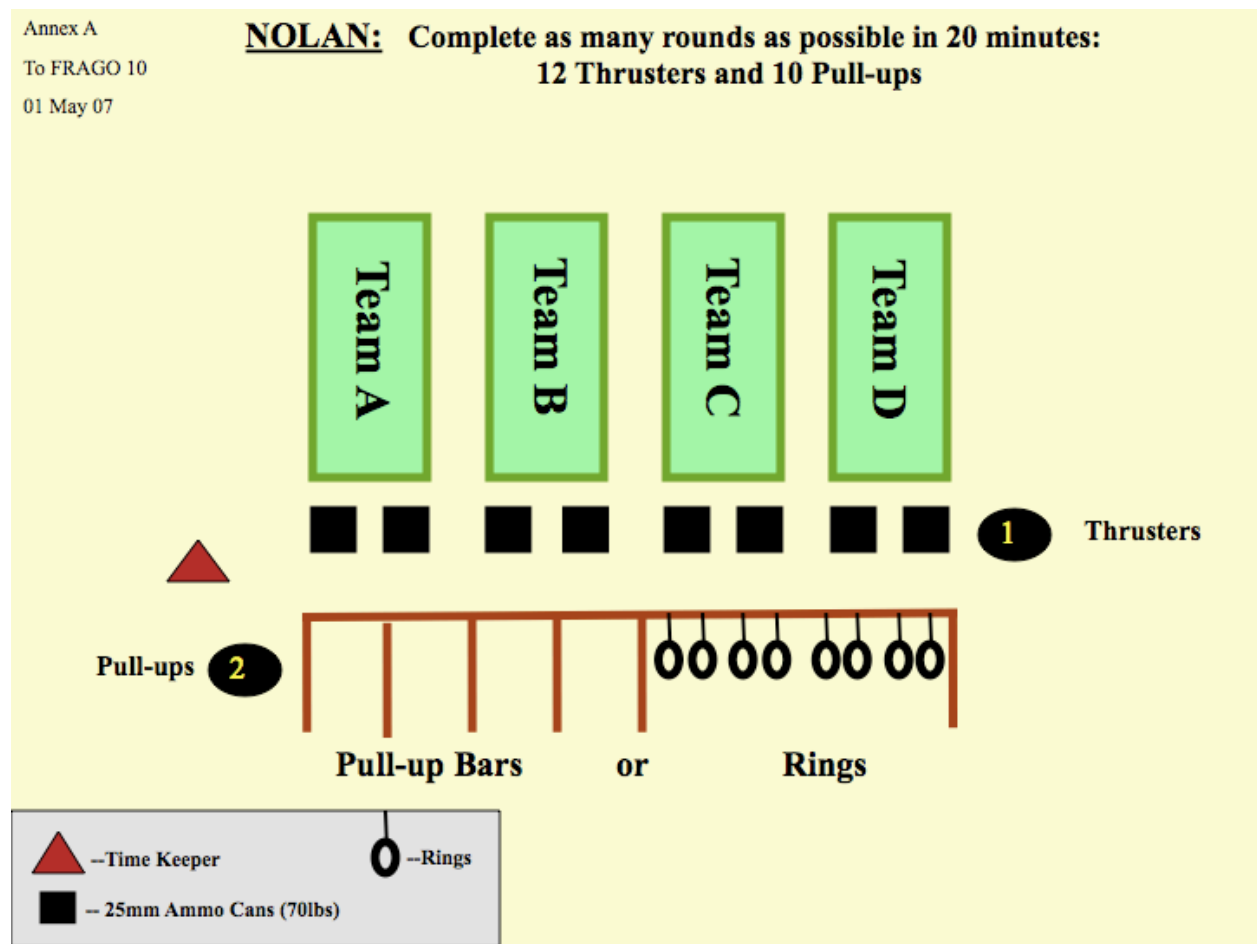
b. Instructor/Coach. To ensure proper conduct of the workout, use of correct exercise form, and safety of execution, a designated member of the platoon can fill this billet.

Annexes:

Annex A Workout Diagram (A00)
Annex B Equipment
Annex C Exercises

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Annex A Workout Diagram (A00)



Annex B Equipment



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Annex C Exercises

