



OCTOBER 2017 SCHEDULE



Date	Workout	Focus	Slope	My Score	Date	Workout	Focus	Slope	My Score
10/1	MTN2, =, Checklist	Cardio/Carry	41		10/16	Tyson Gauntlet, Vertex, Matterhorn	Cardio/Carry	22	
10/2	Xion2, Sky High Gauntlet, C3	Carry	7		10/17	Mongrel	Syphus	3	
10/3	Roraima	Syphus	37		10/18	Bump Day - Alphabet Soup	Cardio	38	
10/4	To Do List, MTN3, Dark Side	Carry (Low)	40		10/19	Uplift, Checklist (4), Rev Mtn2	Carry	15	
10/5	Zenith, Reptilian2, =ateral	Throw	39		10/20	Turf Wars - Sectional MTN5	Syphus	4	
10/6	Peaks	Cardio/Jump	8		10/21	Turf Wars - Moles, Faded2, Chameleon	Syphus	37	
10/7	Cross-Fire, Double Gauntlet, Rev MTN, =	Push	23		10/22	Turf Wars - PYP Mad Hatter	Syphus/Carry	28	
10/8	And I, N, MTN2	Carry	40		10/23	Turf Wars - Speed Bump Checklist (2)	Syphus	43	
10/9	Chasm, Cavity, RedRum	Syphus	30		10/24	Turf Wars - Oddly Even Cross-Fire	Syphus/Carry	44	
10/10	Interrupted Mesa	Carry	27		10/25	Turf Wars - Waning2, Rept, Faded3	Push/Crawl	20	
10/11	Checklist (2), Expanding, Find Muck, El Cycle	Cardio	19		10/26	Turf Wars - Mole Hills	Syphus/Cardio	13	
10/12	Jacob's Ladder	Syphus	49		10/27	Turf Wars Semi - Checklist + C2	Syphus	28	
10/13	Rapture	Carry	7		10/28	Turf Wars Finals - Small Circuits	Syphus/Jump	40	
10/14	PRO-FORMA (Turf Wars Form Prep)	Syphus	38		10/29	Wager Workout - TBD	TBD	N/A	
10/15	Push Go	Push/Crawl	8		10/30	Devil's Night - PYP C2 & C4	TBD/Syphus	N/A	
					10/31	Trick-or-Treat	TBD/Syphus	39	

Focus: Looking at the workout as a whole which tasks-types a most featured? Cardio, Carry, Crawl, Drag, Jump, Push, Syphus-Blend or Throw.

Slope: Our difficulty ranking from 1-50. 1 has generally "easier" tasks often yielding lower scores, while 50 hosts "harder" task for higher scores