
THE CrossFit JOURNAL

World of WODs No. 2: St. Augustine, Fla.

Creative CrossFitters create new workouts every day. Todd Occhiuto continues the search for signature workouts from around the world.

By **Todd Occhiuto** CrossFit Southside

February 2011



All photos: Aaron Johnson and Kerri Christos

"I could totally do a pull-up on that branch."

Greg Glassman changed the way CrossFitters view the world. Tree branches became pull-up bars, picnic tables turned into plyo boxes, and swing sets seemed like great places to hang a set of rings. And that rock over there? You should probably overhead squat it.

Indeed, all the world is a CrossFit gym with the right pair of eyes and a little creativity.

This article is the second in a series where we'll publish some of the best workouts from locales around the world, giving residents and travelers a chance to test their fitness outside the box. If you have a set of landmarks, natural features or outdoor "equipment" suited for a great WOD, please view the submission guidelines on the last page of this article—then send us your workout!



A 17th-century fort seems like a great place for 21st-century training.

Location: Castillo de San Marcos, St. Augustine, Fla.

Address: Castillo de San Marcos NM, 1 South Castillo Dr.

Brief: St. Augustine, Fla., is the nation's oldest permanent European settlement, dating back to 1565. Located in St. Augustine is the Castillo de San Marcos, which is the city's most historically significant structure and was built by the Spanish between 1672 and 1695. The Castillo de San Marcos has been a strategic military post during various military agreements and political treaties since the beginning of its construction and surprisingly was never taken over by force.



After lunges atop the Town Wall, you'll run back to the palm tree at the beginning of the circuit.

This workout is set in the west field of the Castillo de San Marcos and uses The Town Wall that is located in the middle of the field. There are two stations: one is in the grass for push-ups, and the other is the log Town Wall, used for scaling and wall muscle-ups. The two stations are about 20 meters apart, and the entire course is about 200 meters long.

For a map of the park, visit:

<http://wikimapia.org/#lat=29.897857&lon=-81.3111544&z=18&l=0&m=b>



You'll also find a few stairs in your way during the WOD.

Enter the Castillo from US A1A in downtown St. Augustine. From the Castillo's parking lot, enter the park heading northwest. Stay to the left of the fort, walking outside the moat. Walk to the north side of The Town Wall and past the ravine to the palm tree that is in line with the metal drain. The workout begins and ends here.

Running south for about 20 meters—down and through the ravine—you will find the inclined side of The Town Wall. Climb the incline to the top of the wall. Climb down the other side of the wall to perform wall muscle-ups. After performing the final wall muscle-up, lunge east along the top of the wall toward the fort. It is about 50 meters east to the end of the wall. Then run through the opening of the fort wall, following it to the north (left) until you reach the stairs to climb out of the fort and return to the starting place. It is about 120 meters from the end of the wall, through the fort and back to the starting point at the palm tree.

New movement: Wall muscle-up—Place hands on top of log wall. Jump and pull yourself on to the top of the wall. Stand to full extension—open hip—on top of the wall.



The Town Wall must be scaled and presents a great test of your ability to deal with obstacles.



Wall muscle-ups can be scaled by choosing a higher or lower stretch of wall.

WOD: The Fort—St. Augustine

Five rounds of:

20 CrossFit Games-style push-ups (release hands at bottom)

Scale the inclined side of the wall

5 wall muscle-ups

30 lunges

Run through the fort wall opening to the north and up the stairs, then back to the palm tree to begin the next round.

Scaling suggestions: Move down the log wall toward the fort to a lower height for the wall climbs and muscle-ups. Use the lowest edge of the wall for box jumps if wall muscle-ups are not in the cards.

Times: Varied between 12-15 minutes for above-average CrossFitters.

If you are looking for a longer time domain, I would recommend adding more reps to the push-ups and/or wall muscle-ups—maybe 25 push-ups and/or 10 wall muscle-ups.

Post times to comments.

About the Author

Todd Occhiuto is a CrossFit Level 2 trainer who coaches at CrossFit Southside in Jacksonville, Fla.



Submission Guidelines

Workouts should be set in prominent locations, and they must be on public property that's easily accessible. Please use common sense and keep safety foremost in your mind. Avoid high-traffic locations or very crowded areas where collisions, injuries, police intervention and angry security guards are likely.

In terms of programming, make the WOD challenging but reasonable, and keep in mind the CrossFit tenet of scalability. We want these workouts to be as accessible as possible for as many as possible.

Use CrossFit movements. Creativity is encouraged, but keep in mind the principles of good CrossFit programming. For more information, read the [Level 1 Training Guide](#). Include brief descriptions of any new movements so others will understand how to do them safely and effectively.

Also keep in mind that many people will not have gear with them. You can certainly recommend someone bring a kettlebell to the park, but make sure you have an option for those who do not have access to any equipment. Also remember that the log or heavy rock that was there yesterday might not be there in a week.

If you want to include your time, "par" or the current record, please do so.

Each submission **must** contain the following:

1. A map or a web link to a map. Due to copyright issues, we cannot publish someone else's map. You must include a hyperlink to a map or your own very legible recreation. Precise directions to your location are essential. Include the exact address and any additional info someone will need to find the location. You cannot be too clear in giving directions.
2. Hi-res photographs of the location as JPEG attachments to your e-mail. Hi-res means above 1MB in size. Include at least 5 photographs or as many as you need to make sure no one gets lost or misunderstands your workout. Include the name of the photographer so we can give him or her credit.
3. A brief introduction to your workout: 400 words maximum. Feel free to note the historical significance of the location or any features of particular note.
4. Your workout. Use standard programming language. Write in Word and attach your document to the e-mail.
5. A three sentence about-the-author section and a hi-res photo of you.



The Fort: your new fitness challenge in St. Augustine, Fla.