
THE CrossFit JOURNAL

World of WODs 6: San Diego, Calif.

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

By Mike Warkentin Managing Editor

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All images: Mike Warkentin/CrossFit Journal

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

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CrossFit changed the way we 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 sixth 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!

Location: USS Midway, San Diego, Calif.

Address: Tuna Lane and W G Street. For a map of the area, click [here](#).

Brief: The USS Midway measures 972 feet (296 meters) from stern to bow, which is about the perfect length for a CrossFit workout involving sprinting.

If you walk south along the boardwalk below the Midway's fantail, you'll come to Tuna Harbor Park. Across W G Street is a large memorial to the USS San Diego, the second most decorated ship of World War II, and the first major ship in Tokyo Bay after Japan surrendered.

The workout starts on the boardwalk and continues west along a narrow brick path that runs the length of the Midway through Tuna Harbor Park. Along the way, you'll pass The Battle of Leyte Gulf Memorial, dedicated to the huge naval conflict of late October 1944; Unconditional Surrender, a large statue depicting a sailor kissing a nurse; as well as the sculpture collection A National Salute to Bob Hope and the Military.



When you reach A National Tribute to Bob Hope and the Military, it's almost time to squat.



The workout starts and ends on the boardwalk even with the Midway's stern.



Sprint hard up this zig-zag path, watching for tourists all the while.



You can often see the USS Carl Vinson across the bay as you sprint along the water.

Across the bay, you can often see the USS Carl Vinson Nimitz-class carrier, the 101,300-ton descendant of the 74,000-ton Midway.

WOD: Monster of the Midway

This workout is five rounds:

- Begin on the boardwalk exactly even with the stern of the Midway.
- Do 25 push-ups.
- Sprint hard and turn right just before the Leyte Gulf Memorial, continuing on the path along the water. You'll pass Unconditional Surrender and eventually reach the Bob Hope memorial at the west end of the park, just short of the Midway's bow.
- Rest exactly 30 seconds.
- 25 air squats.
- Sprint hard along the path next to the water until you reach the boardwalk.
- Rest 30 seconds before starting the next round.

Notes: Run hard. The 30-second rest periods are there to help you charge up for a savage sprint down the length of the Midway.

Scaling options: For the push-ups, you can use any of the surrounding railings or benches to create incline push-ups, or you can scale up by elevating your feet for decline push-ups. If squats are too easy, consider pistols.



About the Author

Mike Warkentin is the managing editor of the CrossFit Journal and the founder of [CrossFit 204](http://CrossFit204.com).



Squat here, just short of the Midway's bow.

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 email. 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 email.
5. A three-sentence about-the-author section and a hi-res photo of you.