



October 2023

**FAILURE**



# MOGADISHU MILE

- 4 Rounds for Time:
- 19 Kettlebell Ground-to-Overheads (53#/35#)
- 19 Kettlebell Front Squats (53#/35#)
- 19 Kettlebell Push-Ups (each hand=38 total)
- 400 meter Kettlebell Run

Wear Ruck for entire workout:

Expert 45# - Male 30# - Female 20#

Use a single Kettlebell throughout. With a running clock perform 4 rounds of the prescribed work in the order written as fast as possible. Your Kettlebell is your "Ranger Buddy." You cannot lose physical contact with it at any time. You may rest it on your body, or set it on the ground with one hand touching it, but do not let it go completely. If you DO let your Kettlebell go, you forfeit the progress of that round, and you must start the round over. For the Kettlebell Push-Ups, you must perform 19 Kettlebell Push-Ups (with one hand on top of the Kettlebell) for each arm. Each round requires a total of 38 Push-Ups. Score is the time on the clock when the last Kettlebell Run is completed.