



GLADIATORS

The Eliminator Starter Resource

‘Gladiators’ is back! It is a entertainment show where two contestants compete against the ‘Gladiators’ in a series of challenges testing their fitness, before racing each other on “The Eliminator”:

<https://www.youtube.com/watch?v=pTAt6B888hc>

Watch the YouTube video and complete the following:

- 1. Identify the components of fitness required at each stage of ‘The Eliminator’.**
- 2. Create an example week for a training plan that you would do in preparation for ‘The Eliminator’.**

