



# 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’.**

