

A New Chapter for Fitness Competitions in UK: Meet FLATOUT



London, United Kingdom Jul 30, 2026 ([Issuewire.com](https://www.issuewire.com)) - Every year, more people decide they want to test their training outside the gym. Finding the right race isn't always straightforward. Spend a little time looking at [fitness competitions in the UK](#), and you'll notice they aren't all built the same.

This September, FLATOUT arrives at Old Billingsgate Market. Eight workout zones. Structured racing. Local fitness partners. Built for people who already train and want to see what that training is worth.

A Race Format Built Around Different Ways to Compete

Rather than offering one way to race, FLATOUT gives participants several options based on how they train and who they want to compete alongside.

SOLO:

SOLO is designed for people who want to test themselves from start to finish. Eight workout zones, short running intervals and pace-matched waves create a clear benchmark you can measure against each time you step onto the course.

DOUBLES:

DOUBLES gives two participants one shared challenge. Every station becomes a chance to work together, manage your pacing and decide how to split the effort across the course. Different strengths often become an advantage here.

ELITE:

For participants looking for a higher standard, ELITE raises the demands. Heavier loads, stricter movement standards and weighted vests turn the same course into a tougher physical test that rewards consistency as much as strength.

RELAY:

RELAY brings four teammates together, with each person completing part of the course before handing over to the next runner. Good communication and smooth transitions make a real difference from one zone to the next.

NEXTGEN:

Designed for participants aged 8 to 15, NEXTGEN introduces younger athletes to the FLATOUT race format through movement, running and age-appropriate workout zones that encourage confidence and steady progression.

SIDEKICKS:

SIDEKICKS pairs one adult with one junior participant to complete the course together. Teams move through every zone side by side, sharing the effort and working towards the finish as a pair.

Built Around Local Training Communities

One detail stands out once you look beyond the course map.

Each workout zone is delivered alongside local gyms, coaches, and fitness partners. Instead of every race feeling identical regardless of location, the event reflects the people already helping others train throughout the year. That gives participants familiar faces on the floor and adds another layer to race day without changing the structure of the competition.

The format also keeps running intervals to 500 metres between each zone, creating a steady rhythm of movement rather than one long stretch of distance before the next challenge.

London Hosts the Next FLATOUT Event

From 25 to 27 September, FLATOUT takes over Old Billingsgate Market. A start line beside Tower Bridge and The Shard.

Choose your race category. Join a pace-matched wave. Then take on eight workout zones that test consistency, movement quality and fitness. If you're searching for Fitness Events London UK, find entries now open for the September event.

Your September Start Line Is Open

Entries for the London event are available now across SOLO, DOUBLES, ELITE, RELAY, NEXTGEN and SIDEKICKS. Stepping onto a race floor for the first time? Or chasing your next benchmark? FLATOUT offers a structured challenge shaped around the training you've already put in.

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