

THE TRAINING PLAN

CFG Open Manual

WORKOUT # 17.1

THE TRAINING PLAN

TABLE OF CONTENTS

[1. About the manual](#)

[2. OFFICIAL WORKOUT DESCRIPTION](#)

[WORKOUT 17.1, Rx'd\(Ages 16-54\)](#)

[3. WORKOUT ANNOUNCEMENT ANALYSIS OVERVIEW](#)

[4. SETTING UP FOR SUCCESS](#)

[Equipment](#)

[Other equipment considerations](#)

[Setup considerations](#)

[Setting up for filming](#)

[Remember](#)

[Video Submission Standards \(from CrossFit Games site\)](#)

[Eliminate potential problems](#)

[5. MOVEMENT SPECIFIC BREAKDOWN](#)

[DB Snatch](#)

[Burpee Box Jump Over](#)

[6. STRATEGY AND PACING](#)

[7. WARM UP](#)

[Phase 1 \(General Warm up / Prep the system\) → THIS IS VERY IMPORTANT, MAKE SURE YOUR ENGINE IS READY TO GO BEFORE YOU START](#)

[Phase 2 \(Focus on the quality of your positions, breathing and movement\)](#)

[Phase 3 \(Find, feel and practise the flow and pacing of the workout\)](#)

[8. RECOVERY](#)

[9. FUELING](#)

[Pre- Event](#)

[Supplements, at least 1 hour before.](#)

[Ensure you are sufficiently hydrated.](#)

[Post-event](#)

[10. Mindset](#)

The Training Plan - CFG Open Manual - Workout 17.1

Visit <http://thetrainingplan.co> for more videos and tips to help you be successful in the Open and beyond

THE TRAINING PLAN

1. About the manual

This manual is intended for you to study ahead of time and as a guide at the gym in preparation for # 17.1. It covers everything you need to perform at your best in CrossFit Games Open workout # 17.1.

We will give an overview, preparation tips, detailed considerations on planning, strategy and pacing, warm ups, cool downs, fueling and mental preparation.

We recommend you read the full manual as early as possible in your preparation for the workout so that you can consider the necessary fueling strategies found in the manual.

Our aim is to continuously learn and improve on how to provide the best possible support for you as an athlete. If you have ideas for improvement or if we are missing something that would help you prepare, please let us know at info@thetrainingplan.co

Best of success,

The Training Plan team

Frankie, Jim, Darren, Ramon, Ben and Jami

THE TRAINING PLAN

2. OFFICIAL WORKOUT DESCRIPTION

Familiarise yourself with the official workout description, instructions, scorecard and notes [here](#) at games.crossfit.com

WORKOUT 17.1, Rx'd(Ages 16-54)

For time:

10 snatches

15 burpee box jump-overs

20 snatches

15 burpee box jump-overs

30 snatches

15 burpee box jump-overs

40 snatches

15 burpee box jump-overs

50 snatches

15 burpee box jump-overs

M 50-lb. dumbbell / 24-in. box

F 35-lb. dumbbell / 20-in. Box

Time cap: 20 minutes

NOTES

“Prior to starting this workout, each athlete will need to create a long straight line on the floor and place their box on the center of that line. This workout begins with the dumbbell resting on the floor and the athlete standing tall. At the call of “3, 2, 1... go!” the athlete will reach down and begin the dumbbell snatches, alternating arms after each repetition. Once all reps are complete, they will move to the box and perform 15 burpee box jump-overs, then move back to the snatch, etc. In each round the number of repetitions of the snatch will increase. This workout ends when the feet land on the ground on the other side of the box on the final rep. Every second counts in this workout. The athlete’s score will be the time it takes to complete all 225 repetitions. Time will be recorded in full seconds. Do not round up. If the athlete finishes in 10:32.7, their score is 10:32. There is a 20-minute time cap. If they do not finish all 225 reps before the time cap, their score will be the number of reps completed.”

YOU CAN FIND THE OFFICIAL SCORECARD [HERE](#). (INCLUDING ALL THE VARIATIONS OF THE WORKOUT FOR DIFFERENT CATEGORIES).

The Training Plan - CFG Open Manual - Workout 17.1

Visit <http://thetrainingplan.co> for more videos and tips to help you be successful in the Open and beyond

THE TRAINING PLAN

3. WORKOUT ANNOUNCEMENT ANALYSIS OVERVIEW

Time breakdown (Based on the announcement show).

Note. Both Vellner and Fikowski stayed consistent with DB snatch, Fikowski had a stumble on the box jump (no rep) on 3rd round which lead him having to play catch up with Vellner. Both athletes were stepping up their burpees. The setup in the announcement show was not optimal, you are better of setting the DB next to your box, not behind it.

	Patrick Vellner		Brent Fikowski	
Round	DB Snatch	Burpee Box Jump Over	DB Snatch	Burpee Box Jump Over
1	0:23	0:56	0:23	0:57
2	0:48	0:56	0:47	1:01
3	1:12	0:57	1:12	1:12
4	1:47	1:09	1:45	1:16
5	2:21	0:58	2:20	1:07
TOTAL	6:31	4:56	6:27	5:33
TOTAL WORK	11:27		12:00	
TOTAL TRANSITION	00:25		00:23	
TIME	11:52		12:23	

You can find a complete data analysis from the announcement event between Patrick and Brent [here](#). Make sure to check it out for more insights on movement cadence and pacing.

THE TRAINING PLAN

Time breakdown (Based on the announcement show).

Note. The girls were consistently faster than the boys on both movements (height, box height and DB weight). Sam had a great pacing strategy (relative to her capacity), she managed to push through that sucky 4th round of burpees. Most people won't be able to pop up their burpees like she did, you are likely better off stepping up instead.

	Kristin Holte		Sam Briggs	
Round	DB Snatch	Burpee Box Jump Over	DB Snatch	Burpee Box Jump Over
1	0:20	0:47	0:21	0:45
2	0:44	0:49	0:46	0:45
3	1:08	0:49	1:11	0:45
4	1:38	0:58	1:31	0:48
5	2:18	0:54	2:03	0:53
TOTAL	6:08	4:17	5:52	3:56
TOTAL WORK	10:25		9:48	
TOTAL TRANSITION	0:22		0:26	
TIME	10:47		10:14	

You can find a complete data analysis from the announcement event between Kristin and Sam [here](#). Make sure to check it out for more insights on movement cadence and pacing.

THE TRAINING PLAN

4. SETTING UP FOR SUCCESS

Setting up for the workout

(Please, read the official instructions at [CrossFit Games website](#))

Equipment

- Dumbbell of appropriate weight for your division
- Box that is the appropriate height for your division. **The top of the box must be at least 15-by-15 inches (38.1-by-38.1 cm).**
- Tape or line that bisects the burpee box jump area

For each workout, be sure the athlete has adequate space to safely complete the workout. Clear the area of all extra equipment, people or other obstructions.

Any athlete who in any way alters the equipment or movements described in this document or shown in the workout standards video may be disqualified from the competition.

*** The official weight is in pounds. For your convenience, the minimum acceptable weights in kilograms are 22.5 kg (50 lb.), 15 kg (35 lb.), 10 kg (20 lb.) and 5 kg (10 lb.).**

**** Kilogram dumbbells cannot be used by athletes competing in the U.S. or Canada. If you are using adjustable dumbbells, the largest plates allowed are standard-sized 10-lb. (5 kg) metal change plates (9 inches in diameter). When the dumbbell is at rest, the bottom of the handle cannot be more than 4 inches off the ground. Any athlete using an unconventional or unmarked dumbbell will need to confirm the weight of the dumbbell on a scale and clearly show the height of the handle with a ruler or measuring tape in their video submission. Kettlebells, fat bells or other non-traditional dumbbells are not allowed.***

Other equipment considerations

- Consider doing the workout in a cool environment to help with heat management (setup up near a door or use a fan for example to have some cool air flowing through)
- Normal, flat shoes
- Use sweat bands on wrists as needed, there is no time to chalk if you want to have a competitive score.
- Chalk your hands and the DB handle before starting.

THE TRAINING PLAN

Setup considerations

Be clear on the official instructions on the CrossFit Games site.

1. Read and watch the official instructions on the CF Games site.
2. Adjust your setup to constraints of your workout area.

Set up to minimise transitions.

- Place the DB next to the box, not behind it to minimise transition time.

Setting up for filming

- This workout is best filmed directly from the side of the box with our suggested DB setup to clearly demonstrate the movement standards at to stay in the frame.

Remember

- Make sure you state your name in beginning.
- Make sure you show weights for equipment
- Make sure you stay in the frame of the video at all times.
- Make sure all movements can be seen and judged properly on the video.
- Video needs to be full, e.g. no edited video will be approved.

Video Submission Standards (from CrossFit Games site)

*“Prior to starting, film the dumbbell and box to be used so the loads and height can be seen clearly. All video submissions should be uncut and unedited in order to accurately display the performance. A clock or timer, with the running workout time clearly visible, should be in the frame throughout the entire workout. Shoot the video from an angle so all exercises can be clearly seen meeting the movement standards. **Videos shot with a fisheye lens or similar lens may be rejected due to the visual distortion these lenses cause.**”*

Note: Depending on your performance, this video may be up to 20 minutes. Be sure you have enough battery life, memory and time to upload your video. You may need to increase your limit on YouTube to allow a longer video to be uploaded.

THE TRAINING PLAN

Eliminate potential problems

Review and brief the workout with your judge, cover everything from movement standards to flow of the workout, make sure you both are clear on the expectations

Clear the workout area of all other materials and obstructions.

Set your timer to count up ([Read the tiebreak rules here](#))

Make sure filming setup is such that no one can interfere with it (knocking camera over, walking in the frame, messing with the timer etc.).

THE TRAINING PLAN

5. MOVEMENT SPECIFIC BREAKDOWN

DB Snatch

Pacing and strategy

- Maintain awareness of where you are, unbroken is good but not if it gasses you out too much and slows down the burpees
- You will naturally go faster on the first 10 reps, then settle into the fastest pace that you can maintain for the 20s and 30s. On the round of 40s, there will be a little drop off due to higher repetitions but aim to keep a steady pace. It's the home stretch on the 50s, you'll be hurting but push to maintain the best you can.

What to stay focused on.

- Maintain your rhythm and tempo
- Keep a close DB path
- Keep relaxed and breathe on every rep

Breathing.

- Find a breathing pattern that works best for you
 - Suggestion: Breath in on the way down, Breath out on the way up
- Keep your breathing continuous (avoid holding your breath)

Movement efficiency.

- For efficient DB path keep the DB close
- Shoulder below hips will tax your lower back more (see potential limiters)
- Changing grip on the ground is the default option for most, consider changing arms chest height on the way down as an option
- Compare to find your preference
 - Pronated grip, easier to keep the DB close
 - Hammer grip, can be easier overhead and for switching hands in the air
- Hips drive, arms follow (to maintain efficiency and cycle speed) with strong finish at top to lock out
- Stay in control but avoid excessive slowing down of the DB on the way down (eccentric contraction)

Movement cues.

- "Breathe"
- "Steady and relaxed"
- "Keep moving, Keep your pace!"
- "Straight up!"
- "Hips then arms!"
- "Smooth down, fast up!"

The Training Plan - CFG Open Manual - Workout 17.1

Visit <http://thetrainingplan.co> for more videos and tips to help you be successful in the Open and beyond

THE TRAINING PLAN

Potential limiters and how to overcome them.

- If the weight is heavy for you
 - Consider doing a power snatch or even a split snatch (instead of muscle snatch)
 - Lower your hips, bring your eyes up and brace on the setup
 - Break the work into manageable sets early (from 10s or 20s)

 - If your muscle endurance is limited (lower back, shoulders, grip)
 - Break the work into manageable sets from the round of 30 or 40
 - Change the hands on the ground instead of mid-air
 - Make sure you establish a good blood flow to your lower back / shoulders / forearms during your warm up

 - Conditioning
 - Break the work into manageable sets from the round of 30 or 40
 - Breathing is even more important for you
 - A big warm up is even more important for you

 - Lower back tolerance
 - Break the work into manageable sets early
 - Lower your hips, bring your eyes up and brace on the setup
 - If you have tight hips (leading to rounding), a big dynamic mobility and blood flow warm up is even more important for you

 - Overhead position
 - A hammer grip might be easier for you
 - A big dynamic mobility warm up is even more important for you (upper back, shoulders)

 - Will to win (and to work through pain)
 - The game begins on the round of 40!
 - Keep your head in it and keep charging ahead!
 - Keep your pace!
 - Have a plan and come in prepared to suffer.
-

THE TRAINING PLAN

Burpee Box Jump Over

Pacing and strategy

- ❑ Consistency is key, you can always adjust your pace on the DB snatch but will want to push here to maintain your pace.
- ❑ You will naturally go slightly faster on the 1st round, then settle into the fastest pace you can maintain. The round after 40 DB snatch is the key, this is where most people will drop off. Finish strong and push as hard as you can on the last round to maintain pace.

What to stay focused on.

- ❑ Maintain your rhythm and tempo
- ❑ Keep relaxed and breathe on every rep
- ❑ The faster you're done, the faster you're done = keep moving

Breathing

- ❑ Check in "Am I still breathing?"
- ❑ Keep your breathing continuous (avoid holding your breath)
 - ❑ Your breathing might not match the movement as you run more and more into debt during the workout, focus on breathing through rather than timing it perfectly

Movement efficiency.

- ❑ Be precise in your execution here, missed reps or stumbling with the box will cost you a change in the rhythm and time.
- ❑ Stepping up from the burpee (before the box jump) is the right choice for almost everyone
- ❑ Experiment with the movement to find the best match for you
 - ❑ Compare
 - ❑ "Low" jump (Vellner), slightly faster, favours shorter athlete, can be less taxing metabolically
 - ❑ "High" jump (Fikowski), favours taller / more explosive athletes, can spare the quads
 - ❑ Compare
 - ❑ Drop down (from the box) + turn
 - ❑ Turn + drop down
 - ❑ Half turn + drop half turn (Holte)
 - ❑ Step down + turn (turn + step down not a good option)
 - ❑ Find the rhythm for each part of the movement that fits your conditioning, muscle endurance and breathing
 - ❑ Drop down
 - ❑ Step up
 - ❑ Jump (on the box)
 - ❑ Descent (off the box)

THE TRAINING PLAN

- This is a sloppy not a snappy burpee

Movement cues.

- “Drop down, step up”
- “Jump, turn, drop”
- “Keep breathing!”
- “One more!”

Potential limiters and how to overcome them.

- Muscular endurance (quads, triceps)
 - Make sure you establish a good blood flow to your thighs during your warm up
 - Find a sustainable pace you can maintain (avoid stopping)
 - Find the box jump style that taxes you the least
 - Conditioning
 - Find a sustainable pace you can maintain (avoid stopping)
 - Breathing is even more important for you
 - A big warm up is even more important for you
 - Lower box jump is less metabolically taxing
 - Lower back tolerance (from the DB snatches)
 - Step up from the burpee with the side that feels more comfortable to manage your lower back.
 - Will to win (and to work through pain)
 - The game begins after the 40 DB snatches!
 - Keep your head in it and keep charging ahead!
 - This is where people will drop off from their pace, stay with yours
 - Have a plan and accept it will hurt (but you will be ok)
-

THE TRAINING PLAN

6. STRATEGY AND PACING

General considerations

- ❑ **It's going to be tight at the top, if you are looking to qualify for the Regionals, every second will count!**
- ❑ Round of 40s is where the game really begins.
- ❑ You can think of 17.1 as two separate back-to-back workouts, 10 to 30 (steady, fast pace) and 40 to 50 (keep the foot on the pedal, be willing to win and work through pain)
- ❑ Be aware of your limiters and opportunities, choose a sustainable not a suicide pace (unless your conditioning is ridiculous, then be willing to die)
 - ❑ More efficient to keep a steady pace than changing up and down

Play by play (overview)

- ❑ **Round 1:** Fast but smooth
- ❑ **Round 2:** Settle into your rhythm
- ❑ **Round 3:** Maintain, keep breathing to stay ahead
- ❑ **Round 4:** This is where things get real, Work to maintain your pace on the DB and push on the burpees, breath!
- ❑ **Round 5:** Home stretch, keep charging, keep pushing and finish strong

Opportunities

- ❑ IF you have great conditioning
 - ❑ "Suicide pace is the only pace and today is a good day to die!"
 - ❑ Very hard pace, will die off a little at the end (Sam Briggs)
 - ❑ Breathe to keep your engine going
- ❑ IF you have good conditioning
 - ❑ Keep a steady, high pace at your threshold (Vellner)
 - ❑ Capitalise on the round of 40, especially on the burpees (maintain your pace)
 - ❑ Breathe to keep your engine going
- ❑ IF your conditioning needs work
 - ❑ Find a steady pace that you can sustain
 - ❑ Breathe and keep moving
- ❑ IF the DB is heavy for you
 - ❑ Set a steady pace on the DB with rests as needed
 - ❑ Push through the burpees fast to have more time on the DB

THE TRAINING PLAN

Potential performance limiters (with quick tips, refer to other sections for details)

- ❑ Absolute strength (the weight is heavy for you)
 - ❑ Power snatch, lower your hips, bring your eyes up and brace on the setup, break the work into manageable sets early (from 10s or 20s)

- ❑ Muscular endurance (lower back, shoulders, quads, grip gets tired)
 - ❑ Break the work into manageable sets from the round of 30 or 40, change hands on the ground (DB snatch), establish a good blood flow to your thighs / lower back / shoulders / forearms during your warm up, breathe

- ❑ Conditioning (limited by breathing and/or heart rate)
 - ❑ Break the work into manageable sets from the round of 30 or 40, breathe, pace according to your ability (not your wishes), big warm up important

- ❑ Lower back tolerance (back gets pumped and/or painful)
 - ❑ Break the work into manageable sets early, lower your hips, bring your eyes up and brace on the setup (DB snatch), find the more tolerable side to step up from burpee, big dynamic mobility and blood flow warm up

- ❑ Range of motion (limited overhead or bottom position on DB snatch)
 - ❑ A hammer grip might be easier (DB snatch), big dynamic mobility warm up (hips, shoulders, upper back)

- ❑ Will to win (and to work through pain)
 - ❑ Keep your head in the game on the round of 40!
 - ❑ Have a clear plan for the workout
 - ❑ Accept the pain and make it your ally
 - ❑ Have the right people around you to push you / calm you
 - ❑ Put yourself in the best setting to succeed (competitive or calm)

THE TRAINING PLAN

How to find the best strategy for you

Make an honest assessment of your limiters and opportunities to formulate the best possible plan for the workout.

1. Do a strategy overview

- Assess the workout as a whole
 - How can I make the most out of this/these...?
 - Time domain
 - Rep scheme
 - Movements
 - What will be my challenges?

2. Assess and decide your movement specific strategy

- DB Snatch
 - Is this an opportunity for me?
 - Will I be limited by...?
 - DB weight
 - My range of motion
 - setup position
 - overhead position
 - Muscle endurance
 - Movement efficiency
 - Breathing / Conditioning
 - How will I overcome these?
 - What is the best way for me to do this movement?**
- Burpee box jump over
 - Is this an opportunity for me?
 - Will I be limited by...?
 - Box jump height
 - Muscle endurance
 - Movement efficiency
 - Breathing / Conditioning
 - How will I overcome these?
 - What is the best way for me to do this movement?**

3. Assess each round as its own opportunity and layout a plan for each round

- Check the “play by play” above
- Write down your plan

4. What are they key points for me to remember?

- Summarise your thoughts from above to few key things that will carry you through the workout

THE TRAINING PLAN

7. WARM UP

Invest more time into any or all phases of warm up based on your individual needs.

Phase 1 (General Warm up / Prep the system) → THIS IS VERY IMPORTANT TO MAKE SURE YOUR ENGINE IS READY TO GO!

1. **Get your diaphragm working (breath work):** Take 2 - 5 minutes to lie down on your back with feet elevated against the wall at 90 degrees, place your hands into your stomach and breath into them
 - a. 4 x (6 seconds in - 2 seconds hold - 7 seconds out - 0 second hold)
 - b. 5 - 20 x (4 seconds in - 4 seconds hold - 4 second out - 4 seconds hold)
2. **Mix row and assault bike** for 10 - 15 minutes, start easy and progressively increase your pace. Make sure you are hot and sweaty at the end, if not move longer.
3. 1 - 3 sets of 3 x 30 seconds fast row : 30 seconds easy single unders, rest 3 minutes between sets. Get your heart rate up and prepare your body for transitions and to a high work rate.

Phase 2 (Focus on the quality of your positions, breathing and movement)

1. **Follow along with our [#17.1 Movement Prep Flow](#), repeat until you feel good movement quality (3 - 8 rounds)**
2. **Address your specific movement limitations** as needed (hip flexion + upper back + overhead position), use [MWOD](#) or [our movement flow library](#) as your resource.
3. **DB snatch**
 - a. [27 Squats](#)
 - b. 1 - 2 x 5 - 8 GHD back extension, controlled (for lower back blood flow and tissue tolerance), rest 30 seconds between sets
 - c. 1 - 2 x 5 Jefferson curl w/ no weight or light barbell, controlled (for lower back blood flow and tissue tolerance)
 - d. 3 Rounds with increasing load (start with a light DB, reduce reps with a heavier load), rest 1 minute between rounds
 - i. DB strict press - 3-5 reps / side
 - ii. DB push press - 3-5 reps / side
 - iii. DB snatch - 4 - 6 reps, alternating, focus on timing on way up (hips lead, arms follow)
 - iv. DB snatch - 4 - 6 reps, alternating, focus on timing of the switch on the way down (experiment with change at chest height vs. on the ground)

The Training Plan - CFG Open Manual - Workout 17.1

Visit <http://thetrainingplan.co> for more videos and tips to help you be successful in the Open and beyond

THE TRAINING PLAN

4. Burpee box jump overs

- a. Push up - 5 to 10 reps
 - b. Burpee - practise, find feel for the step up rather than pop up
 - c. Box jump - 5 to 10 reps @ low box, then 24/20"
 - d. Box jump over - 6 to 8 reps, 24/20"
 - e. Burpee box jump over - practise, find a good feel, rhythm, tempo and breathing
-

Phase 3 (Find, feel and practise the flow and pacing of the workout)

1. For 4 minutes as alternating EMOM (Find a pace)
 - (1) - 6 DB Snatch, alternating @ 50/35lbs (or lighter if weight is a limiter for you)
 - (2) - 5 Burpee box jump over, 24/20"
2. For 4-6 minutes as alternating EMOM (Test your pace)
 - (1) - AMRAP: 6 DB Snatch, alternating @ 50/35lbs + 4 Burpee box jump over, 24/20"
 - (2) - Easy Assault bike to maintain HR
3. **Practise and think about your transitions and movement strategy in the context of what you learned in the manual and your personal experience. Make sure you are clear about your plan and specific goals for each movement, transition and rest (if any).**
4. Spend more time on the assault bike as needed to make sure your heart rate is elevated and you are sweaty before you start
5. If you are happy with your approach and feel sufficiently warmed up, rest 2 - 3 minutes then **CRUSH the workout.**

THE TRAINING PLAN

8. RECOVERY

Your aim here is to return your HR back down, initiate aerobic recovery and restore range of motion (Don't forget to be an athlete, even after the Open workouts).

1. High five your judge and sign the scorecard!
2. Walk around for 5 minutes or so to bring the HR down and get your legs moving.
3. Assault bike for 10 minutes at easy pace, HR < 140
4. Go through Thoracic Flow and Lunge Flow, each once to restore range of motion
5. Voodoo floss both thighs and upper arms, 2 x 2 minutes per side

You will be able to repeat this workout for a total of 2 - 3 (if needed) attempts. We recommend you repeat on Monday to give your lower back time to recover.

THE TRAINING PLAN

9. FUELING

Pre- Event

Consume a natural whole food meal at least 2 hours before the workout, preferably 3+ hours to ensure gastric emptying and absorption of nutrients. Stick with a macronutrient mix that works for you, but generally your pre- event meals/snacks should have easily digestible protein (eg. fish, chicken, egg white) and carbohydrates (sweet potato, potato, white rice, fruit etc). Keep fat and fibre on the lower side so as not to delay digestion.

As a rule, you are not really 'fueling' your workout with just this one meal. It's more a culmination of your nutrition over the past week, so the main goal is that your stomach is happy and you feel energised going into the workout.

You may prefer two smaller meals, with the second one consumed 1-2 hours before the workout. Stick with foods you are familiar with and know you digest well.

Examples;

100-200 grams of chicken, fish, lean meat (or eggs/egg whites), 1-2 cups of sweet potato, beetroot, white rice or fruit. A small serving of veggies is ok, but keep fibrous foods low to allow good digestion. Fat should also be minimised, but not completely excluded, fat on meat, or a small amount of cooking fat should be sufficient, don't add extra.

Supplements- at least 1 hour before.

5-10g creatine.

300-600ml of beet juice or 1 concentrated shot, 12 hours before and another shot 1-2 hours before (or consume as a serving of starchy carbs pre-event)

3-6mg/kg caffeine (60-90mins before event, more is not always better. Know your ideal level of stimulation). If doing the event in the afternoon/evening, it's recommended that you avoid caffeine in the morning (and actually, you should avoid it for 1-3 days beforehand), to ensure you are more sensitive to the pre-workout dose.

Ensure you are sufficiently hydrated.

Drink 250-500ml water an hour before the workout starts, and then small sips as needed leading up to the start. Add an electrolyte tab to water if performing in excessively hot conditions or some coconut water with a dash of salt added. No drinking between sets, every second counts...but maybe take one last swig just before 3-2-1, to get rid of that 'cotton mouth' and have a cold bottle ready for after.

THE TRAINING PLAN

Post-event

5-10g BCAAs or 10-40g protein powder

40-100g carbohydrate (baby food, coconut water, paleo bars, fruit, sports drink, glucose, chocolate milk etc). The longer you competed for, the more carbs you should have here.

Eat a whole food meal 1-2 hours later, with 100-200 grams of chicken, fish, lean red meat (or eggs), 1-2 cups of sweet potato, beetroot, rice, fruit or similar carbohydrates.

PWO meal supplements

5-10g glutamine

1-2 tabs curcumin/turmeric

1 tsp greens powder

3-6g fish oil

If you eat again today, switch your focus from starchy carbs to fibrous veggies and natural fats (olive oil, coconut oil, avocado, nuts and animal fats). Fatty fish such as salmon and sardines are a great choice for protein and good fat in one hit. Broccoli and cabbage are great choices due to their anti-inflammatory properties. Garlic and ginger would be great additions to this meal, with berries and cocoa making up some sort of 'dessert' (berries and coconut cream, or some very dark chocolate), as they also contain anti-inflammatory compounds.

Other supplements that may have a positive contribution to recovery, are zinc, magnesium, and vitamin C.

Do your best to avoid inflammatory processed oils, normally found in fast food and baked goods, ie, 'treat food'. Make something yourself, or at least know the ingredients of what you are buying.

Avoid caffeine and alcohol for rest of day as they will suppress muscle protein synthesis and lower testosterone, slow your return to a parasympathetic state and thus delay recovery.

1-3 days post event

If planning on a redo, you could also switch your coffee for green tea until Monday/Tuesday, so as to benefit from the restorative properties of green tea, but also maintain some sensitivity to stronger caffeine drinks ahead of the repeat workout.

As the day of the event was probably lower in veggies, fibre and good fat than normal, be sure to emphasise those over your next 2 days. And then leading into the redo, start to decrease the fibrous veggie intake and replace with starchier carbs.

THE TRAINING PLAN

10. Mindset

Before the workout, take 5 minutes to sit somewhere quiet, close your eyes and take a few calming breaths (5-5-5). Then visualise yourself performing 17.1 with confidence and movement efficiency. For the DB Snatches, see yourself making seamless hand changes and the bell floating easily overhead. With the burpee box jump overs, see yourself getting down and up from the burpee with no effort and jumping up to the box with accuracy and grace. Think words like 'smooth', 'consistent', 'steady' and 'relaxed'.

During the warm up, do your best to stay relaxed, and not be thinking too hard about the workout. You are probably at least 40 mins or more from the start, so don't get too wound up just yet. Keep things light with other athletes, don't get sucked into over-analysing the workout, we've already done that for you, and you've already decided on your strategy and approach. So keep a smile on your face, until you head off to do your visualisation. Then feel free to go full Game Face, while you wait to get started.

Like any workout with ascending reps, it gets worse towards the end, so wrap your head around that now. Be ready for it, don't dread it, embrace the chance to work through it.

When it gets tough, fight to hold your pace, you are nearly finished, just hold on. Self talk can be really helpful here, Ronnie Coleman doesn't shout 'lightweight!' for no reason.... Try 'easy', 'fun' or anything else that will keep you present, focused and determined to keep moving.

Use the natural 'checkpoints' after each round, to celebrate another victory, another small step to being finished. Divide each set into further checkpoints of 10 DB Snatches, or 5 Burpees, and knock them off step by step.

If you are hurting, tell yourself that you just need to get to the end of this set, and there is that a short moment of calm waiting for you as you transition between the movements.

Remember, there is a better you waiting on the other side!