

# THE TRAINING PLAN

**CFG Open Manual**

**WORKOUT # 17.2**

# THE TRAINING PLAN

## TABLE OF CONTENTS

[1. About the manual](#)

[2. OFFICIAL WORKOUT DESCRIPTION](#)

[WORKOUT 17.2, 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 Front rack walking lunge](#)

[Toes to bar](#)

[Bar muscle up](#)

[DB power clean](#)

[6. STRATEGY AND PACING](#)

[How to find the best strategy for yourself](#)

[7. WARM UP](#)

[Phase 1 \(General Warm up / Prep the system\)](#)

[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 17.2**

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# 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 # 17.2. It covers everything you need to perform at your best in CrossFit Games Open workout # 17.2.

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](mailto:info@thetrainingplan.co)

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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](http://games.crossfit.com)

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### WORKOUT 17.2, Rx'd (Ages 16-54)

Complete as many rounds and reps as possible in 12 minutes of:

2 rounds of:

50-ft. weighted walking lunge

16 toes-to-bars

8 power cleans

Then, 2 rounds of:

50-ft. weighted walking lunge

16 bar muscle-ups

8 power cleans

Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.

**M 50-lb. dumbbells**

**F 35-lb. dumbbells**

### NOTES

*Prior to starting this workout, each athlete will need to mark a starting point on the floor, measure out 25 feet and make another mark on the floor at the turnaround point. Additionally, intermediate marks must be made at every 5-foot interval, each of which represents 1 rep of the lunge. This workout begins with the dumbbells resting on the floor and the athlete standing tall. At the call of "3, 2, 1 ... go," the athlete will lift the dumbbells to the shoulders and lunge forward with them for 25 feet, turn around and lunge back 25 feet. They then will perform 16 toes-to-bars and will finish the round with 8 dumbbell power cleans. Round 2 will be performed in the same fashion. For rounds 3 and 4, 16 bar muscle-ups will be performed in place of the toes-to-bars. Rounds 5 and 6 will go back to toes-to-bars, rounds 7 and 8 to bar muscle-ups, etc.*

*The athlete's score will be the total number of repetitions completed before the 12-minute time cap.*

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

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## 3. WORKOUT ANNOUNCEMENT ANALYSIS OVERVIEW

**Time breakdown** (Based on the announcement show).

**Note.** Movement efficiency on the bar and managing your grip is the key. Break your sets early enough on the gymnastic. Save your grip on the DBs by doing power cleans as 7+1 and resting on turn around on lunges as needed (relative to your capacity). **Top performances** will be deep into 7th or even into 8th round.

	Kari Pearce				Kristi Eramo			
Round	Split time	Lunge	T2B / MU	Clean	Split time	Lunge	T2B / MU	Clean
1	1:27	0:30	0:27	0:21	1:23	0:30	0:30	0:17
2	1:39	0:30	0:30	0:23	1:41	0:34	0:30	0:23
3	2:52	0:36	1:31	0:25	3:06	0:39	1:43	0:28
4	3:00	0:41	1:34	0:27	3:20	0:43	1:49	0:31
5	1:48	0:34	0:41	0:19	2:22	0:45	0:59	0:25
6	<sup>P</sup> partial	0:34	0:31 <sup>P</sup>		<sup>P</sup> partial	0:07 <sup>P</sup>		
<b>TOTAL</b>	<b>12:00</b>	<b>3:25</b>	<b>5:14</b>	<b>1:55</b>	<b>12:00</b>	<b>3:18</b>	<b>5:31</b>	<b>2:04</b>
<b>TOTAL WORK</b>	<b>10:34</b>				<b>10:53</b>			
<b>TOTAL TRANSITION</b>	<b>1:26</b>				<b>1:07</b>			
<b>REPS</b>	<b>192</b>				<b>172</b>			

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

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## 4. SETTING UP FOR SUCCESS

### Setting up for the workout

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

#### Equipment

- Dumbbells of appropriate weight for your division
- Pull up bar
- Measuring tape
- Tape or chalk to mark lunge 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.**

**If gym space is limited and a 25-foot lunge area is not available, athletes will be permitted to lunge back and forth in a smaller area so long as the 5-foot intervals still can be seen clearly.**

# THE TRAINING PLAN

## 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
- Consider using grips or gloves if you are concerned with hands tearing. [Check out Darren's video tips here.](#)
- Use sweat bands on wrists as needed, you don't want your sweat to limit your grip.
- Chalk your hands, the DB handles and the pull up bar before starting. Place a chalk bucket close to the pull up bar
- Set up so that it is easy for you to step up to the pull up bar (avoid having to jump high)
- If you have a slippery pull up bar, consider taping it but be mindful that this might lead to easier tearing on the bar muscle ups.

## 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.**
  - Set your lunge lane to start and end by the pull up rig
  - Make sure DB not directly under the bar so you don't roll an ankle coming down
  - Mark those lanes clearly!**

## Setting up for filming

### 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.

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## Video Submission Standards (from CrossFit Games site)

*“Prior to starting, **film the dumbbells to be used so the loads can be seen clearly. Also film the measurement of the 25-foot lunge area and the 5-foot intermediate segments.** 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.**”*

## 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 front rack walking lunge

#### Pacing and strategy

- You have two potential strategies, unbroken or break briefly at turn around point, either way you want to limit your time under tension
- This is where you set yourself up for success in the gymnastics, spare your grip as much as possible
- Move at fastest pace that allows you to maintain a relaxed grip of the DBs

#### What to stay focused on.

- Maintain your step length to avoid taking extra steps
- Keep relaxed grip on your front rack
- Stay upright and breathe through the movement

#### Breathing.

- Find a breathing pattern that works best for you
- Keep your breathing continuous (avoid holding your breath)
- Brace as needed to maintain an upright trunk

#### Movement efficiency.

- For efficient movement keep the lunges steady, don't over reach your step
- Finding a front rack position that's comfortable for you will save your grip
- Find your preferred position for DBs
  - Rear head of DBs on shoulders, elbows slightly out and elevated to support the DB on the shoulders as much as possible
  - Rear head of DBs on shoulders, DBs pointing to the ceiling with elbow high and out
- Step through if you can (through full extension)
- Avoid excessive banging of your knee to the ground or wear knee pads to protect

#### Movement cues.

- "Rest the (rear of) DBs on the shoulders"
- "Elbow high and out"
- "Steady, with relaxed grip"
- "Keep moving"
- "Stand tall!"

# THE TRAINING PLAN

## Potential limiters and how to overcome them.

- ❑ If the weight is heavy for you
    - ❑ Take steady steps that allow you to stay upright (avoid overstepping with forward lean)
    - ❑ Take a 'micro-pause' at the top of each rep, to give your legs a break
    - ❑ Break the lunges into 2 or more sets as needed
  
  - ❑ If your muscle endurance is limited (glutes, quads, grip)
    - ❑ Break the work into manageable sets from the start (try to get to a mark each time)
    - ❑ Take a brief rest at the turnaround.
    - ❑ Keep a pace that you can sustain, don't rush then burn out
-

# THE TRAINING PLAN

## Toes to bar

### Pacing and strategy

- Be smart and break them up to the best of your ability. Stay ahead and rest well ahead of failure
- The first round will naturally feel stronger, although grip strength and general fatigue will settle in quickly on future rounds, so breaking them up early on is key. If you're strong at toes to bar and have good grip strength endurance then doing the first round unbroken may be possible, as long as this doesn't result in much smaller sets in future rounds. Break the reps up in round 2 if haven't done so already.

### What to stay focused on.

- Be smart in how you break your sets
- Push through your shoulders at the setup before snapping up to the bar
- Timing - keep a fast and steady rhythm (feet fast to the bar and bring them down fast)
- Breathe! Holding your breath will lead to early muscle fatigue

### Breathing

- Check in "Am I still breathing?"
- Your two opportunities to breathe are the compression at the top and the extension at the bottom. Find a rhythm between the two that works for you.

### Movement efficiency.

- Lead with the shoulders during the setup swing (i.e. push the shoulders out as much as possible, as well as opening the hips, before snapping the feet up to the bar)
- When snapping up to the bar, bend legs and extend as quick as possible (feet to bar). If you take too long to lift your legs to the bar this will mess up the whole timing and rhythm of the swing resulting in dead swings and no-reps
- Bring your feet from the bar down as quick as possible to commence the starting setup position (i.e. pushing the shoulders out and open hips)
- Keep your head neutral, if you can get a good compression at the top for a hip/abs dominant toes to bar
- Look up to the bar, if you are inflexible in the shoulders and hips for a lats dominant toes to bar

### Movement cues.

- "Bend and extend!"
- "Lead with the shoulders (i.e. push shoulders out in setup) "
- "Re-grip"
- "Head neutral"
- "Relax in the swing (open out at the bottom)"
- "Fast feet! (up to bar and back down)"

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# THE TRAINING PLAN

## Potential limiters and how to overcome them.

Your grip is likely to be the biggest limiter in this movement. Choosing efficient movement and smart pacing from round 1 are your best options to stay ahead rather than fall behind.

- ❑ Muscular endurance (grip)
  - ❑ Break your sets based on your ability (see below)
  - ❑ Stay away from failure, it will be hard to come back
  - ❑ **Do or do not there is no try** (either hit the rep or come down to rest, avoid dangling on the bar, hoping for a rep)
  - ❑ Your best grip is a safe grip but consider
    - ❑ Mixed grip
    - ❑ Thumb around the bar or “monkey” grip (thumb over the bar)
    - ❑ The one you are used to is the one you are most likely the best off with
  - ❑ Equipment considerations
    - ❑ Sufficient chalk
    - ❑ Non-slippery pull up bar
  
- ❑ Muscular endurance (hip flexors and abs)
  - ❑ Start your set from behind the bar, jumping from there will create a bigger arch position as your chest pushes forward.
  - ❑ Increase your backswing to minimise your effort on the way up
  - ❑ Look up at the bar to use more shoulders and lats
  - ❑ Snap your knees up first then kick to bar
  
- ❑ Muscular endurance (shoulders and lats)
  - ❑ Start your set from behind the bar, jumping from there will create a bigger arch position as your chest pushes forward. Do as singles as needed.
  - ❑ Keep your head neutral and eyes looking straight ahead or even down
  - ❑ Snap your knees up first then kick to bar

Another common global movement inefficiency is a lack of hamstring flexibility (ability to compress the body efficiently) at the top

- ❑ Avoid spending too long trying to get your feet to the bar, be fast and ensure you maximise swing potential
- ❑ Make sure to spend sufficient time in your warm up on maximising your current available range of motion

# THE TRAINING PLAN

## Potential set breakdowns

### Strong at toes to bar (40 - 50 reps unbroken):

- Start unbroken, 10/6 or 8/8, then consider either
  - Big sets, 10/6, 8/8 or 7/5/4
  - Smaller sets (short breaks), 7/5/4, 6/4/4/2, 4/4/4/4
- Time your rests (clock, number of breaths or set ritual) or go by feel if you confident of your self-awareness

### Pretty good at toes to bar (20 - 30 reps unbroken):

- Start 10/6 or 8/8, then consider either
  - Big sets, 8/8 or 7/5/4
  - Smaller sets (short breaks), 6/4/4/2, 5/4/3/2/2, 4/4/4/4
  - Time your rests (clock, number of breaths or set ritual)

### Toes to bar are a challenge (0 - 10 reps):

- From the beginning go with 3s, 2s or singles, stay ahead of failure
  - Time your rests (clock, number of breaths or set ritual), keep rests short if possible to keep chipping away
-

# THE TRAINING PLAN

## Bar muscle up

### Pacing and strategy

- ❑ This is where most of the differences will be made
- ❑ Be smart and break them up to match your ability. Stay ahead and rest well ahead of failure. The first round will naturally feel stronger but grip strength and general fatigue will settle in quickly on future rounds so avoid going for broke too early on.

### What to stay focused on.

- ❑ Be smart in how you break your sets, pacing to your ability is key
- ❑ Timing - be patient at the bottom of the swing, HOLD before you pull (especially as you fatigue), let the swing do the work for you.
- ❑ Think “Whip and bounce!”. Tension in glutes makes for a strong trunk and force transfer

### Breathing.

- ❑ Check in “Am I still breathing”, as this can be a hard movement it is easy to forget to breathe within your set
- ❑ Your opportunities to breathe are when you jump up to the bar, at the top of the bar (straight arms to avoid no reps and at the bottom.

### Movement efficiency.

- ❑ Jump to from behind the bar, not under the bar (“Jump at an angle”)
- ❑ When jumping to the bar keep the body in straight or a slightly hollow position during the glide, then as you go through the vertical position start to push through the shoulders and open the hips. Refrain from jumping straight into an arched position (i.e. pushing your shoulders out straight away). (“Glide before you open”)
- ❑ Push through your shoulders for as long as you can during the front swing to set up before dropping the hips and snapping up to the bar. (“Show before you go” )
- ❑ When dropping your hips (following the above), be patient, don’t pull too early (“Let it drop before you bounce”)
- ❑ Aggressive pull down at the right time (following the pushing of the shoulders out and dropping of the hips)
- ❑ When transitioning between reps, angle yourself down with control before pushing the shoulders out for the set up swing. Avoid dropping down too fast or push away from the bar.
- ❑ Keep your head neutral, refrain from looking at the bar as this will result in pulling too early
- ❑ Maintain tension in the glutes throughout as well as discipline in timing (don’t rush the movement - “Show before you go”)

# THE TRAINING PLAN

## Movement cues.

- “Whip and bounce!”
- “Patient at the bottom (of the swing), HOLD before you pull.”
- “Let the swing do the work!”
- “Jump up at an angle” (jump to from behind the bar, not under the bar)
- “Glide before you open!”
- “Show before you go” (push through your shoulders for as long as you can during the front swing to set up before dropping the hips and snapping up to the bar)
- “Let it drop before you bounce”

## Potential limiters and how to overcome them.

Your grip is likely to be the biggest limiter in this movement. Choosing efficient movement and smart pacing from round 1 are your best options to stay ahead rather than fall behind.

- Muscular endurance (grip)
  - Break your sets based on your ability (see below)
  - Stay away from failure, it will be hard to come back
  - Do or do not there is no try** (either hit the rep or come down to rest, avoid dangling on the bar, hoping for a rep)
  - Your best grip is a safe grip but consider
    - Thumb around the bar or “monkey” grip (thumb over the bar)
    - The one you are used to is the one you are most likely the best off with
  - Equipment considerations
    - Sufficient chalk
    - Non-slippery pull up bar
- Limited range of motion (inability to transition over the bar)
  - Open up your shoulder internal rotation with [our 16.3 Prep Flow](#)
- Limited range of motion (inefficiency and timing due restricted shoulder flexion at bottom)
  - Open up your [thoracic extension](#)
- Inefficient movement patterns: lack of timing and coordination (rushing to get on top of the bar). Lack of midline strength, body awareness and body tension.
  - Refer to movement efficiency and cues above for quick fixes
  - See our bar muscle up follow along sessions for more movement development opportunities. [Session #1](#) and [Session #2](#).

# THE TRAINING PLAN

## Potential set breakdowns

### Strong at bar muscle ups (15+ reps unbroken):

- Start 10/6 or 9/7, then consider either
  - Big sets, 10/6, 8/8 or 7/5/4
  - Smaller sets (short breaks), 4/4/4/4, 6/5/3/2 or 5/4/3/2/2
- Time your rests (clock, number of breaths or set ritual) or go by feel if you confident of your self-awareness

### Pretty good at bar muscle ups (5 - 10 reps unbroken):

- Start 4/4/4/4 or 4/3/3/3/3, then keep the same or consider
  - Smaller sets (short breaks), 4/3/3/2/2/2, 3/3/3/3/2/2, or 2s
  - Time your rests (clock, number of breaths or set ritual)

### Bar muscle ups are a challenge (0 - 3 reps):

- From the beginning go with 2s or singles, stay ahead of failure
  - Take your time between the sets, only jump up when you're confident you're ready to go
-

# THE TRAINING PLAN

## DB power clean

### Pacing and strategy

- Break sets if needed, stay away muscle failure
- When breaking a set, leave the last rep to start the lunges with (e.g. 7+1)

### What to stay focused on.

- Pace the power clean smartly for yourself, go unbroken, break to 7+1 or to 4+3+1
  - Pay attention to your grip here, stay ahead of fatigue
- Maintain your rhythm, tempo and breathing

### Breathing

- Check in “Am I still breathing?”
- Find your best place to breathe (lack of breathing = early muscle failure), brace as needed, no more, no less

### Movement efficiency.

- Be precise in your execution here, no missed reps
- Generate the power in the hips to save your arms for the gymnastics (hips lead, arms follow)
- Avoid over gripping the DBs, strong but relaxed grip, consider trying the hook grip
- Touch only one end of the DBs to the ground

### Movement cues.

- “Hips lead, arms follow”
- “Keep breathing!”
- “Stay ahead of the grip” (rest if you need to)

### Potential limiters and how to overcome them.

- If the weight is heavy for you
  - Power clean the DBs instead of muscle clean
  - Brace your trunk, strong setup (hips lower, chest higher)
  - Drive more with your hips (jump)
  - Break the set down as needed
- Muscular endurance (grip, arms)
  - Break the set down as needed to stay ahead of grip fatigue
  - Consider doing a power clean (instead of muscle clean)

# 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!**
- ❑ Your proficiency on the bar muscle ups and/or grip endurance is likely to be your limiting issue. Staying ahead of grip fatigue and maximising movement efficiency early is key.
- ❑ Be aware of your limiters and opportunities, choose a smart set breakdown, based on your ability

### Play by play (overview)

- ❑ **Round 1:** Steady and smooth, be smart but go unbroken if strong on toes to bar
- ❑ **Round 2:** Settle into your rhythm, smart rep schemes on toes to bar, break the power cleans to 7+1 (or more) as needed.
- ❑ **Round 3:** Consider breaking the lunges at the turn (as needed). Smart sets on the bar muscle ups (should not be near failure). Break the power cleans to 7+1 (or more) as needed.
- ❑ **Round 4:** Same as round 3, consider breaking the muscle ups more and keep efficient in your movement
- ❑ **Round 5:** If you think you won't make it back to muscle ups (round 7), it's time to push the pace. If planning to hit the 7th round, stay patient and on your pace.
- ❑ **Round 6:** Either keep moving at any cost (if close to time cap) or stick your plan if gunning for those muscle ups.
- ❑ **Round 7:** Fight your way back to those muscle ups, keep moving, you've got this!
- ❑ **Round 8: You're a legend, keep doing whatever you're doing!**

### Opportunities

- ❑ IF are great at bar muscle ups and/or toes to bar
  - ❑ Get bigger sets early on, minimise that time off the bar
  - ❑ Use your efficiency to your advantage, start well and finish well
  - ❑ Work hard on the DBs to get more time on the bar
  - ❑ Big warm up is going to help to keep your engine going
- ❑ IF you have a strong grip
  - ❑ Get bigger sets early on, minimise that time off the bar but pay attention to your efficiency and breathing
  - ❑ Breathe to keep your engine going
- ❑ IF you have good mobility
  - ❑ Trust your technique on the gymnastics, use the full range of motion to your advantage (see movement efficiency on bar muscle ups and toes to bar)

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

- ❑ DBs are heavy for you
  - ❑ Power clean, lower your hips, bring your eyes up and brace on the setup, break the work into manageable sets, rest the DBs on your shoulders on the lunges
- ❑ Limited grip strength and endurance
  - ❑ Break the sets early (be smart, know yourself), mix grip on toes to bar, keep relaxed grip on the DB walking lunges (rest the end of the DB on the shoulder)
- ❑ Unable to (yet) do a bar muscle up
  - ❑ Focus your warm up on the skill work, review our Bar muscle up follow along skill sessions [Session #1](#) and [Session #2](#).
- ❑ Inefficient bar muscle up form
  - ❑ Jump from behind the bar keeping the body straight or slightly hollow (“Glide before you open”), then push shoulders out for as long and as much as possible (“Show before you go”), then drop the hips (“Drop before you bounce”) before finally pulling up to the bar. Focus your warm up on skill work.
- ❑ Inefficient toes to bar form
  - ❑ Push your shoulders out and open the hips up (legs going behind you) before snapping the legs through (with a “bend and extend”), ensuring feet move fast to the bar before descending as quickly as possible back to the starting set up position (i.e. feet behind you and shoulders pushing out) . Focus your warm up on skill work.
- ❑ Conditioning (limited by breathing and/or heart rate, likely only if you’re GREAT at bar muscle ups and toes to bar with a grip of steel)
  - ❑ Break the work into manageable sets, breathe, pace according to your ability (not your wishes), big warm up important
- ❑ Hip flexors / abs get tired on toes to bar (start failing reps)
  - ❑ Break the work into manageable sets early on, more shoulder dominant toes to bar, “knees up then kick”, jump up from behind the bar, singles as needed
- ❑ Range of motion (limited shoulder range for efficient swing, transition on bar muscle up or restricted hip flexion on toes to bar)
  - ❑ Find the best grip width for you on the bar (wider might be easier), focus your warm up on range of motion and skill work, work on your range of motion before coming to the gym.

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- Not knowing yourself (doing too big a sets and then falling behind and failing reps/getting stuck)
    - Have a clear plan for the workout and go through it with someone (who can know you and can give you feedback)
    - Have the right people around you to keep you on the plan
    - Put yourself in the best setting to succeed (competitive or calm)
- 

## How to find the best strategy for yourself

Make an honest assessment of your limiters and opportunities (above) 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 front rack walking lunge / DB power clean
  - Is this an opportunity for me?
  - Will I be limited by...?
    - DB weight
    - My range of motion
      - Front rack position
    - Muscle endurance
    - Grip
  - How will I overcome these?
  - What is the best way for me to do these movements?**

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# THE TRAINING PLAN

## 2. Assess and decide your movement specific strategy (..continued)

- Toes to bar
  - Is this an opportunity for me?
  - Will I be limited by...?
    - Muscle endurance
    - Movement efficiency
      - Technique
      - Range of motion (shoulders, hip flexion)
    - Grip
  - How will I overcome these?
  - What is the best way for me to do this movement?**
- Bar muscle up
  - Is this an opportunity for me?
  - Will I be limited by...?
    - Muscle endurance
    - Movement efficiency
      - Technique
      - Range of motion (shoulders)
    - Grip
  - 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
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# THE TRAINING PLAN

## 7. WARM UP

As 17.2 is not going to be anywhere as gassy as 17.1 was, there are a few options for where you might want to spend most of your warm up time on this one. We still suggest you start with a good aerobic warm up, including the breathing drills. Next go through the movement prep, paying especially attention to opening up your hands and forearms. Good mechanics with the DBs will set you up for a success in the gymnastics so take the time to find a good groove on each of the movements. Remember, you're looking to find the most economical way (for your grip) to get through the DB work.

If you are confident with your gymnastics, keep your repetitions low in the warm up to save yourself grip for those later rounds. If bar muscle ups or toes to bars will be your limiters (from non-grip perspective), take more time to do skill prep on these.

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

### Phase 1 (General Warm up / Prep the system)

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 breathe into them
  - a. [Diaphragm drill](#) - 3 reps of each variation
  - b. 4 x (6 seconds in - 2 seconds hold - 7 seconds out - 0 second hold)
  - c. 5 - 20 x (4 seconds in - 4 seconds hold - 4 second out - 4 seconds hold)
2. **Mix ski erg, 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. DO NOT do so much ski erg or row as to fatigue your grip.
3. 1 set of 3 x 30 seconds fast assault bike : 10 reverse walking lunges

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# THE TRAINING PLAN

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

1. Follow along with our [#17.2 Movement Prep Flow](#), repeat until you feel good movement quality (3 - 8 rounds)
2. Warm up your forearms and grip (do one or both of the following)
  - a. [Hand and forearm warm up](#)
  - b. [Hand and forearm warm up \(additional, some overlap with other video\)](#)
3. Address your specific movement limitations as needed (hip flexion + forearms + overhead position), use [MWOD](#) or [our movement flow library](#) as your resource.
4. **DB power clean / DB front rack walking lunges**
  - a. 2 rounds with increasing load (start with a light DB, reduce reps with a heavier load), rest as needed between each movement to avoid forearm pump
  - b. DB deadlift, 5-8 reps - touching ground with one end of DBs only
  - c. DB muscle clean, 3-5 reps
  - d. DB power clean, 3-5 reps (compare to muscle clean)
  - e. DB front rack walking lunge, 2 x 10ft, try different position to find what works best for you (relaxed grip, elbows slightly out, bells resting on shoulders)
5. **Toes to bar**
  - a. Tuck ups, 5 to 10 reps
  - b. V-ups, 5 to 10 reps
  - c. Seated straight leg lift, 5 to 10 reps (hands on ground by the knees)
  - d. Back arch, 5 to 10 reps, 10 sec arch hold at end of the set
  - e. Arch rocks, 10 reps
  - f. Swings on the bar w/ body tension, 5 to 8 reps
6. **Bar muscle up**
  - a. 3 - 5 sets of: Hollow hold, 5 sec + roll over + arch hold, 5 sec + roll over (hold something between feet to maintain body tension)
  - b. Supine (lying on your back) arch then snap (aggressively) to hollow, 3-5 reps, hold each position for 2 sec
  - c. Planche lean forwards (start at tight push up position, push shoulders forward and backwards), 5 to 8 reps
  - d. Swings on the bar w/ body tension, 5 to 8 reps

We will be posting movement specific videos on toes to bar and bar muscle up prep and efficiency later in the day.

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# THE TRAINING PLAN

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

1. For 2 rounds  
10ft DB FR walking lunge @ 50/35lbs (or lighter if weight is a limiter for you)  
4 toes to bar  
2 DB Power clean @ 50/35lbs (or lighter if weight is a limiter for you)  
REST 1 minute between rounds
2. For 2 rounds  
5ft DB FR walking lunge @ 50/35lbs (or lighter if weight is a limiter for you)  
2 Bar muscle up (or 1 if can only do singles in the workout or 4 pull up or 2 - 4 chest to bar pull up)  
2 DB Power clean @ 50/35lbs (or lighter if weight is a limiter for you)  
REST 1 minute between rounds
3. **Practise and think about your transitions, sets 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, shake off your forearms.
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 forearms and upper arms, 2 x 2 minutes per side

**You will be able to repeat this workout for a total of 2 strong attempts, maybe 3 if your grip recovers fast. We recommend you repeat on Monday to give your grip and hands time to recover.**

**IF you are going to repeat, avoid any touch and go or other grip heavy work over the weekend and check out our hand care tips ([Part #1](#) and [Part #2](#)) to make sure your hands will be ready.**

# 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

40-80g carbohydrate (baby food, coconut water, paleo bars, fruit, sports drink, glucose, chocolate milk etc). The leaner you are, and the better your tolerance to glucose, 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 17.2 with confidence and efficient movement. For the DB lunges, see yourself stepping smoothly, face calm, breathing steady, with the dumbbells under control, feeling light. On the toes to bar, knee raises, pull ups or muscle ups see yourself moving with no effort, letting your solid gymnastic positions assist you to knock out reps 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.

Use the natural 'checkpoints' after each round, to celebrate another victory, another small step to being finished. Divide each set into further checkpoints of one length of lunges, one mini set of toes to bar, each muscle up or pull up etc, 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 that there is a short moment of calm waiting for you as you transition between the movements.

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', 'one more step', 'float', or anything else that will keep you present, focused on what you need to do, and determined to keep moving.

**This workout is an opportunity to develop your self-awareness, working at the limits of your capacity but always a little ahead of failure in any movement.**