

# THE TRAINING PLAN

## **CFG Open Manual**

### **WORKOUT # 17.3**

# THE TRAINING PLAN

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**The Training Plan - CFG Open Manual - Workout 17.3**

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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 # 17.3. It covers everything you need to perform at your best in CrossFit Games Open workout # 17.3.

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 17.3, Rx'd (Ages 16-54)

Prior to 8:00, complete:

3 rounds of:

- 6 chest-to-bar pull-ups
- 6 squat snatches, 95/65 lb.

Then, 3 rounds of:

- 7 chest-to-bar pull-ups
- 5 squat snatches, 135/95 lb.

\*Prior to 12:00, complete 3 rounds of:

- 8 chest-to-bar pull-ups
- 4 squat snatches, 185/135 lb.

\*Prior to 16:00, complete 3 rounds of:

- 9 chest-to-bar pull-ups
- 3 squat snatches, 225/155 lb.

\*Prior to 20:00, complete 3 rounds of:

- 10 chest-to-bar pull-ups
- 2 squat snatches, 245/175 lb.

Prior to 24:00, complete 3 rounds of:

- 11 chest-to-bar pull-ups
- 1 squat snatch 265/185 lb.

\*If all reps are completed, time cap extends by 4 minutes.

### NOTES

*This workout begins with the athlete standing under the pull-up bar. At the call of "3, 2, 1 ... go," the athlete will have 8 minutes to perform 3 rounds of 6 chest-to-bar pull-ups and 6 squat snatches, AND 3 rounds of 7 chest-to-bar pull-ups and 5 squat snatches. If all 72 repetitions are not completed within 8 minutes, the athlete's workout is over, and they will stop and record their score.*

*If all 72 repetitions are completed within the 8-minute window, the athlete will earn an additional 4 minutes to continue with the couplet. If all 108 reps (36 from rounds 1-3, 36 from rounds 4-6 and 36 from rounds 7-9) are completed by the 12-minute mark, the time will once again be extended by 4 minutes. Throughout the workout, after every 3 complete rounds, the reps of the pull-up will increase, the reps of the snatch will decrease, and the barbell will get heavier. Once a 3-round section is completed, the athlete may immediately begin their next section. They do not need to wait for the 4-minute window to expire before moving on to the next section. This pattern will continue for up to 24 minutes, as long as 3 rounds of the couplet are completed before each cutoff.*

*This workout is over when the athlete completes all the required work prior to 24 minutes or fails to complete all the repetitions within the cutoff time for a section. The athlete's score is their time if they complete the workout or the number of repetitions completed up to their cutoff time.*

*In this workout, another person may assist the athlete in changing the plates on the barbell during the workout, or multiple barbells may be used.*

**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).

**Top performances** will be close to or below that 17 minute mark

Breaking pulls up from the beginning or at 7s and starting the snatch with singles is likely the best strategy for almost everyone. Quick transition to pull up, 1st set then rest will save time. Have a plan for managing your recovery on the snatches.

Round	Fraser			Panchik			Sager		
	Split Time	Pull up	Snatch	Split Time	Pull up	Snatch	Split Time	Pull up	Snatch
1	00:29	00:08	00:17	00:34	00:08	00:24	00:34	00:08	00:23
2	01:07	00:07	00:18	01:12	00:07	00:26	01:11	00:08	00:23
3	01:52	00:08	00:23	01:55	00:10	00:27	01:51	00:08	00:25
4	02:39	00:08	00:23	02:39	00:12	00:24	02:40	00:08	00:26
5	03:25	00:09	00:24	03:26	00:15	00:24	03:27	00:09	00:27
6	04:13	00:08	00:24	04:16	00:17	00:26	04:19	00:09	00:30
7	05:12	00:11	00:29	05:13	00:19	00:26	05:30	00:10	00:44
8	06:17	00:09	00:31	06:11	00:20	00:25	06:49	00:18	00:43
9	07:17	00:10	00:33	07:17	00:25	00:27	08:17	00:24	00:47
10	08:30	00:15	00:27	08:34	00:26	00:30	10:44	00:38	01:11
11	09:43	00:21	00:27	09:58	00:28	00:35	12:41	00:28	00:52
12	11:00	00:23	00:29	11:16	00:24	00:26	14:26	00:34	00:55
13	12:17	00:20	00:16	12:38	00:33	00:19	16:35	00:38	00:45
14	13:25	00:22	00:18	13:52	00:32	00:13	18:22	00:29	00:41
15	14:40	00:23	00:24	15:32	00:37	00:40	19:40	00:19	00:31
16	15:53	00:30	00:04	16:41	00:44	00:06	23:56	00:48	02:27
17	16:50	00:22	00:05	18:03	00:43	00:05	24:00		
18	17:47	00:25	00:03	19:24	00:40	00:03			
<b>Total</b>		<b>17:47</b>			<b>19:24</b>			<b>24:00 (196 reps)</b>	
<b>Total Work</b>		<b>10:54</b>			<b>14:06</b>			<b>17:49</b>	
<b>Total Transition</b>		<b>6:53</b>			<b>5:18</b>			<b>6:11</b>	

**You can find a complete data analysis from the announcement event between Mat Fraser, Cole Sager and Scott Panchik [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

- Barbell(s) of appropriate weight for your division
- Pull up bar

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 15 kg (35 lb.), 20 kg (45 lb.), 25 kg (55 lb.), 29 kg (65 lb.), 34 kg (75 lb.), 43 kg (95 lb.), 47 kg (105 lb.), 52 kg (115 lb.), 61 kg (135 lb.), 70 kg (155 lb.), 79 kg (175 lb.), 83 kg (185 lb.), 93 kg (205 lb.), 102 kg (225 lb.), 111 kg (245 lb.) and 120 kg (265 lb.).***

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## Other equipment considerations

- Have your plates / barbells clearly laid out and make sure your aiders understand how and when to load the barbell. **DOUBLE CHECK** with them.
- Use the shoes you would normally use for snatching, don't change the plan on the game day
- Consider using grips or gloves (less ideal) 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.
- 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 chest to bar pull ups.
- 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)

## 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 barbell(s) up by the pull up rig

## 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 plates and barbell(s) to be used so the loads 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.*

## 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*
- Make sure your aiders understand when and how to load the barbell(s)*
- 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.).*

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## 5. MOVEMENT SPECIFIC BREAKDOWN

### Chest to bar pull up

#### Pacing and strategy

- ❑ Be smart and break the chest to bar pull ups early, stay ahead and rest before going to failure. Two sets from the beginning (3+3) or from 7s (4+3) onwards is smart.
- ❑ Smooth and relaxed here, you want to be ready when you get back to that barbell

#### What to stay focused on.

- ❑ If you are strong on the chest to bars, your main aim here is to stay relaxed, breath and have a good set break down.
- ❑ If the chest to bars are more of a challenge for you
  - ❑ Be smart in how you break your sets
  - ❑ Strong kip, whip and swing with good body tension throughout every rep (“whip it up”)
  - ❑ Timing - maintain good consistent rhythm throughout each rep
  - ❑ Strong chest flick to the bar before descending down

#### Breathing

- ❑ Check in “Am I still breathing?”
- ❑ Breath through the sets (easy to hold your breath here)

#### Movement efficiency.

- ❑ Butterfly Pull ups:
  - ❑ Maintain good body tension in the scoop/ set-up kick to maximise bounce / whip action with the hips and chest flick to the bar
  - ❑ Aggressive kick - pre-empt the arch (descending part of the butterfly pull up) by flicking the chest out and opening the hips, which will help the body float more and bounce higher to the bar without having to pull as much
  - ❑ Timing is key (when pulling, dropping and changing between shapes) - ensure every rep has consistent timing as well as kick, pull and drop action
  - ❑ On the descend, ensure you push your shoulders and chest out as much as possible, whilst opening the hips up (placing the feet behind you) to set up for a strong scoop and whip at the bottom (i.e set yourself up nicely for the next rep)
- ❑ Kipping Pull ups:
  - ❑ Good body tension - keep the body tight throughout your set-up swing and throughout the pull up. The tighter your body (squeeze glutes) is the faster your kick and bounce to the bar will come and hence less effort in pulling required (refrain from being loose and floppy with the legs)
  - ❑ In the set-up swing - lead with the shoulders as much as possible (coupled with open hips) before kicking and pulling with an open chest

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- ❑ Refrain from pulling unnecessarily too high by not pushing the chest out at the top of the pull-up
- ❑ Timing - maintain consistency during the transition of each pull up - drop down with good body form (i.e body tension), push your shoulders out and set yourself up for the next rep

## Movement cues.

- ❑ “Whip it up!”
- ❑ “Flick the chest out”
- ❑ “Dish before you arch (Butterfly)”
- ❑ “Keep tight and hollow (kipping pull up)”
- ❑ “Kick, block , bounce and pull (kipping pull up)”
- ❑ “Kick, open hips, flick chest, arch (push shoulders & chest out), scoop to kick (butterfly)”

## 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
- ❑ Muscular endurance (shoulders, lats & biceps)
  - ❑ More body tension and whip (i.e aggressive kick) to ensure your body floats up and hence less energy is used in pulling to the bar
  - ❑ Consistency with timing of each rep, transition as well as co-ordinating the different body shapes at play (dish and arch)
  - ❑ More arch and flick of chest to bar (i.e stick chest out to reach bar - don't keep hollow/dished)

Another common global movement inefficiency is a lack of shoulder and thoracic flexibility (ability to push shoulders through in the set-up swing as well as flicking your chest to the bar with a bigger arch)

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- ❑ Make sure to follow the warm up and spend additional time on getting your range of motion ready.

## Potential set breakdowns

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

- ❑ Start unbroken on 6s then
  - ❑ Break to 2 sets, 4/3, 4/4, 5/4 then as needed
  - ❑ Break by very latest on the set before your first “hard” set of snatches
- ❑ Time your rests (clock, number of breaths or set ritual) or go by feel if you confident of your self-awareness

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

- ❑ Start with either 6s (UB) OR 6, 6, 3/3 OR 3/3 from beginning then
  - ❑ Break to 2 sets, 4/3, 4/4, 5/4 etc, or 3 sets 3/2/2, 3/3/2, 4/3/2 etc.
  - ❑ Break by very latest on the set before your first “hard” set of snatches
  - ❑ Time your rests (clock, number of breaths or set ritual)

### Chest to bars are a challenge (0 - 10 reps):

- ❑ From the beginning go with 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
-

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## Snatch

### Pacing and strategy

- For men, singles from the first set is the best plan for most and from 2nd barbell for everyone
- For women, you can consider touch and go on the first weight, if you have bouncy plates, before moving to singles on the 2nd barbell
- Approach the bar when you know you will make it, but don't wait too long either. Have a plan and keep an eye on the clock for pacing.

### What to stay focused on.

- Take every rep seriously, be focused, patient and precise
- Choose one cue per lift to focus (don't overthink it)
- Stay on your pace (keep an eye on the time)

### Breathing.

- Brace as needed to maintain an upright trunk, especially in the later rounds, when the weight gets heavy
- Breathe through the lighter weights if you can

### Movement efficiency.

- Tight setup
- Keep the bar close (bar path = straight up)
- Stay tall and catch tight
- Be patient in the execution, no short cuts
- If you miss, breathe, re-focus, decide what you must improve and go again (rest with the heavier weights)
- If you miss multiple reps in a row, take 5 deep breaths into your belly to re-set

### Movement cues.

- "Focus!"
- "Chest up", "Tall from the ground"
- "Brace tight"
- "Arms straight, fast hip"
- "Jump"
- "Tall before small!"

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## Potential limiters and how to overcome them.

Your strength and technique are likely to be the biggest limiters in this movement. Choosing efficient movement and smart pacing from the beginning are your best options to stay ahead rather than fall behind.

- ❑ Strength
  - ❑ Choose a pacing (time between reps) based on your ability
  - ❑ Good technique from early on, will help set you for success at heavier weights.
  - ❑ Same setup from the beginning (as you would for the heavier weights)
  - ❑ Singles all the way
  - ❑ **Do or do not there is no try** (Attack each rep with focus and aggression)
  - ❑ If you miss multiple reps in a row, take 5 deep breaths into your belly to re-set
  
- ❑ Inefficient movement patterns (setup position, pull, catch, timing)
  - ❑ Refer to movement efficiency and cues above for quick fixes
  - ❑ Make every rep the best it can be on your warm up
  - ❑ Choose one cue that helps you the most and keep it in mind during the workout

## Potential set breakdowns

If you are very strong at touch and go AND have practised transitioning from touch and go to singles THEN you MIGHT consider doing first few sets unbroken. Otherwise go with SINGLES (with short recovery) from the beginning.

Time your rests. Set a plan on how much recovery you need between AND how you will modify your plan as needed (hope is not a strategy). Consider using a timer, # of breaths or a set ritual (which ever one you are most used to and confident with)

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## 6. STRATEGY AND PACING

### General considerations

- ❑ **Be patiently impatient (be calm but fast from the start). Come in with a plan based on your own ability.**
- ❑ Your proficiency in the snatch and how well you pace on the chest to bar pull ups is likely to be your limiting issue. Staying ahead of muscle 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 1-3:** Steady and smooth, consider breaking the chest to bar already and be smart on the snatches (fast singles, only go unbroken if very confident it's the best plan for you)
- ❑ **Round 4-6:** Settle into your rhythm, smart rep schemes on chest to bar pull ups, pace the snatches as needed (singles, timed rest)
- ❑ **Round 7-18:** Smaller sets / short rests on the chest to bar. Take every snatch rep seriously, consistency will be rewarded. Once you get close to your heavy weights, give it all you have on each rep, recover, re-focus and go again

### Opportunities

- ❑ IF you are great at chest to bar pull ups
  - ❑ Get slightly bigger sets early on (not too big!), minimise that time off the bar
  - ❑ Use your efficiency to your advantage, start well and finish well
  - ❑ Big warm up is going to help to keep your engine going
- ❑ IF you are strong at snatch
  - ❑ Minimise that time off the bar but pay attention to your efficiency and breathing
  - ❑ Breathe between your reps to keep your engine going

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

- ❑ Snatches are heavy for you
    - ❑ Take more time between reps to recover.
    - ❑ Visualise a perfect rep each time
    - ❑ Back yourself
  
  - ❑ Inefficient Snatch technique
    - ❑ Tight setup, Keep the bar close (bar path = straight up), think “bar to hips”, Stay tall and catch tight, Be patient in the execution, no short cuts
  
  - ❑ Limited grip strength and endurance on the chest to bar
    - ❑ Break the sets early (be smart, know yourself), mix grip if needed, use your hips more
  
  - ❑ Unable to (yet) do a chest to bar pull up
    - ❑ Focus your warm up on the skill work, review our chest to bar tips (once out)
  
  - ❑ Inefficient Chest to bar pull up form
    - ❑ Keeping the feet together makes a big difference! Remember, the power comes from the hollow and arch, so start there.
  
  - ❑ Conditioning (limited by breathing and/or heart rate, likely only if you're GREAT at chest to bars and snatch is manageable for you)
    - ❑ Break the work into manageable sets, breathe, pace according to your ability (not your wishes), big warm up important
  
  - ❑ Range of motion (limited shoulder extension/flexion range for efficient chest to bar, limited overhead squat mobility)
    - ❑ 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.
  
  - ❑ 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)
-

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## 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

- Chest to bar pull up
  - Is this an opportunity for me?
  - Will I be limited by...?
    - My movement efficiency / form
    - My range of motion
      - Shoulder extension (top of the pull up)
    - Muscle endurance
    - Grip
  - How will I overcome these?
  - What is the best way for me to do the chest to bar pull ups?**
- Snatch
  - Is this an opportunity for me?
  - Will I be limited by...?
    - My movement efficiency / form
      - Set up
      - Pull
      - Catch
    - My range of motion
      - Overhead squat
    - Muscle endurance
      - How much recovery do I need between reps at different weights
    - Weight
      - Which weight am I aiming for? What will my plan need to look like to get there (do the math, don't guess)
  - How will I overcome these?
  - What is the best way for me to do the snatches?**

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### 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 the key points for me to remember?

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

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## 7. WARM UP

For most athletes, this workout is going to come down to what you can handle on the snatch. Chest to bar volume will start to be more significant as you get to the later rounds and depending on the speed you can maintain on the snatch.

In the warm up, we want to make sure to prep 1.) good snatch mechanics (so you can minimise the rest and maximise the weight you can handle) 2.) Chest to bar pull ups (to maintain relaxed movement and breathing) and 3.) to prime your nervous system and the engine to be ready to support these two.

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 warming up the key positions for each movement (overhead squat,, shoulder extension and extension).

If you are confident with your chest to bar, keep your repetitions low in the warm up to save your grip and arms for those heavier snatches. If the chest to bar pull up will be your limiter, take more time to do skill prep on these. Remember, you're looking to find the most economical way to get through these.

Good mechanics with the barbell will set you up for a success so take the time to find a good groove on these and avoid going too heavy in your warm up (crisp and smooth to build your confidence 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)

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. [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. **Start with assault bike** for 5 - 10 minutes, start easy and progressively increase your pace. **Move to rower** for additional 5 - 10 minutes, make sure you are hot and sweaty at the end, if not, move longer.
3. 1 set of 3 x 30 seconds progressively faster row : 30 seconds rest

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

1. Follow along with our [#17.3 Movement Prep Flow](#), repeat until you feel good movement quality (4 - 8 rounds)
2. For additional shoulder warm up, do either Part #1, Part #2 (6:09 in the video) or both parts of our [pull up flow](#)
3. Address your specific movement limitations as needed (hip flexion + forearms + shoulder extension, internal rotation + overhead position), use [MWOD](#) or [our movement flow library](#) as your resource.
4. **Chest bar pull ups**
  - 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. Band lat pull down (with straight arms), 10 reps
  - e. Swings on the bar w/ body tension, 5 to 8 reps
  - f. Pull up, 3 to 6 reps
5. **Snatch**
  - a. [27 squats](#)
  - b. Skill warm up, start with empty barbell, add weight each round for total of 2 - 3 rounds (break the movements to sets as needed) OR your own favourite snatch warm up
    - i. 3 x snatch grip romanian deadlift
    - ii. 3 x snatch high pull
    - iii. 3 x muscle snatch
    - iv. 3 x tempo overhead squat @ 21X1
    - v. 3 x snatch balance
    - vi. 3 x power snatch to OHS (hold PSn receiving position each time, each rep little deeper)
    - vii. 3 x snatch pull under
    - viii. 3 x hang (squat) snatch
  - c. Build up to a weight that makes you feel confident on the snatch. This should be a weight that feels crisp and smooth. This is NOT a time to max out or to put in poor repetitions.

# THE TRAINING PLAN

We will be posting movement specific video on chest to bar pull ups prep and efficiency later in the day.

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

1. For 3 rounds (practise your transitions, get used to going straight back to pull up bar for your sets and decide if you will drop and go or touch and go on the 1st round of snatches)  
3 Chest to bar pull up  
3 Snatch @ 95/65lbs (or a lighter load if this is heavy for you)
2. For 2 rounds  
2 Chest to bar pull up  
1-2 Snatch @ 135/95lbs (or a lighter load if this is heavy for you)
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 your forearms, upper arms and quads, 1-2 x 2 minutes per side

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

**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. The demands of 17.3 match what this supplement offers, so make sure you get some on board. It may be worth having an extra serving in 3-5 hours before, or the evening before if able, just to ensure muscle tissue is fully saturated.

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

20-80g carbohydrate (baby food, coconut water, paleo bars, fruit, sports drink, glucose, chocolate milk etc).

The longer you lasted in 17.3, the more carbs you should have post workout.

You may find that a whole food meal is all you need, if you are going to be able to eat soon after your event.

**Eat a whole food meal 1-2 hours post event**, with 100-200 grams of chicken, fish, lean red meat (or eggs), ½ -2 cups of sweet potato, beetroot, rice, fruit or similar carbohydrates, 1-2 handfuls of fibrous veggies, and a small amount of natural fat (1-2 'thumbs')

## PWO meal supplements

5-10g glutamine

1-2 tabs curcumin/turmeric

1-2 tsp powdered greens

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). Rub some of that coconut oil on your calluses while you're at it.....

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/herbal tea until

Monday/Tuesday, so as to benefit from the restorative properties of tea, but also maintain some sensitivity to stronger caffeine drinks ahead of the repeat workout.

# THE TRAINING PLAN

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. Make sure you stay on the creatine.

**The Training Plan - CFG Open Manual - Workout 17.3**

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

# 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 17.3 with confidence and efficient movement. For the pull ups, see yourself moving smoothly and with no effort, feeling light, letting your solid gymnastic positions assist you to knock out reps with accuracy and grace. Think words like 'smooth', 'consistent', 'steady' and 'relaxed'.

For the snatches, visualise yourself performing every rep the exact same, with 'focused aggression'. FEEL the barbell grazing your hip crease at full extension, your feet stomping the ground, the weight settling on your body as you lockout. Experience the feeling you get when you know you have made a successful lift. Visualise yourself staying close to the bar between reps, and how to step up to it for the next rep, see your own face and how confident and in control you look.

Think words like 'smooth', 'powerful', 'solid', and 'stable'

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' in the workout, to celebrate another victory, another small step to being finished. Divide each set into further checkpoints of one round of pull ups and snatches, then further still, to your planned pull up breakdown (eg. 3-3-3), and each successful snatch, then knock them off step by step.

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

When the barbell gets heavier, stay calm, focus on the task at hand. CrossFitters prove every day that fatigue does not have to affect strength. Self talk can be really helpful here, Ronnie Coleman doesn't shout 'lightweight!' for no reason....

Try 'easy', 'one more rep', '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-confidence, working at the limits of your capacity but always ready for that next repetition.**