

THE TRAINING PLAN

CFG Open Manual

WORKOUT # 17.4

THE TRAINING PLAN

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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 # 17.4. It covers everything you need to perform at your best in CrossFit Games Open workout # 17.4.

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

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2. OFFICIAL WORKOUT DESCRIPTION

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

WORKOUT 17.4, Rx'd(Ages 16-54)

Complete as many rounds and reps as possible in

13 minutes of:

55 deadlifts

55 wall-ball shots

55-calorie row

55 handstand push-ups

Men deadlift 225 lb. and throw 20-lb. ball to 10-ft. target

Women deadlift 155 lb. and throw 14-lb. ball to 9-ft. target

NOTES

Prior to starting this workout, each athlete will need to mark a box on the ground and a foot line on the wall for the handstand push-ups (details in Movement Standards section). They will also need to mark the required height on the wall or wall-ball target. This workout begins with the barbell on the floor and the athlete standing tall. At the call of “3, 2, 1 ... go,” the athlete will perform 55 deadlifts, then move to the designated target to complete 55 wall-ball shots, then to the rower to pull 55 calories, then to the wall for handstand push-ups. If 55 handstand push-ups are completed, the athlete will move back to the barbell to begin another round. The athlete’s score will be the total number of repetitions completed within the 13-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 and last years highlights).

Top performances. We might see someone finish the wall balls on the 2nd round this year..

We've included some highlights from last years performances to give you a broad scope of scores to aim and learn from. Pay attention especially to row pacing differences. Most of the variance in HSPUs is due to no reps in the announcement workouts.

Total Reps	Brooke	Brenda	Rich 16.4	Julie 16.4	Sara 16.4	Katrin 16.4
	224	223	315	318	274	246

Split Times	Brooke	Brenda	Rich 16.4	Julie 16.4	Sara 16.4	Katrin 16.4
Deadlift	01:31	01:49	01:38	01:43	01:35	01:45
Wall Ball	03:39	04:03	03:37	03:26	03:35	03:57
Row	07:21	08:42	06:08	06:16	07:06	07:51
HSPU	12:52	12:55	08:33	08:31	09:57	11:57
Deadlift	13:00	13:00	11:22	11:21	13:00	13:00

Total Times	Brooke	Brenda	Rich 16.4	Julie 16.4	Sara 16.4	Katrin 16.4
Deadlift	01:31	01:49	01:38	01:43	01:35	01:45
Wall Ball	02:03	02:08	01:53	01:40	01:55	02:06
Row	03:30	04:29	02:22	02:42	03:26	03:49
HSPU	05:18	04:06	02:18	02:08	02:45	03:52
Deadlift	Partial	Partial	02:35	02:46	Partial	Partial

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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
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your division
- Collars
- A medicine ball of the appropriate weight for your division
- A wall mark or target set at specified height for wall-ball shots
- A wall mark and floor marks for the handstand push-ups
- Rower that counts calories, similar in type and calibration to a Concept2 rower

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 for the deadlift are 102 kg (225 lb.), 83 kg (185 lb.), 70 kg (155 lb.), 61 kg (135 lb.), 56 kg (125 lb.), 43 kg (95 lb.) and 29 kg (65 lb.). The minimum acceptable weights in kilograms for the medicine ball are 9 kg (20 lb.), 6 kg (14 lb.) and 4 kg (10 lb.).***

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Other equipment considerations

- Wear normal flat, light shoes (make sure they slide well against a wall for HSPU)
- Mark the floor for wall balls (feet) and handstand push ups (hands and head) for consistency under fatigue**
- Wall is a much easier target than a smaller rig attached one (e.g. Rogue rig ones)**
- Quick check of your wall ball for tight laces, good balance, no weak seams etc. BEFORE you start the workout
- BE AWARE of the new rules concerning handstand push-up markings on the ground
- Wear a light belt if comfortable with it
- Tight setup to minimise transition times
- 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 and our rower close to the wall

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 to be used so the loads can be seen clearly. Also film the measuring of the height, width and depth of the handstand push-up markers, the height of the wall-ball target and the weight of the ball so all loads and measurements 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

Deadlift

Pacing and strategy

- Break up sets based on conditioning, movement quality and lower back tolerance (see potential set breakdowns for ideas)
- Keep a cadence (seconds / rep), that allows you to breath (see breathing)
- Break the sets if your movement starts to slow down
- Always leave a few reps in the tank (failure hard to recover from),

What to stay focused on.

- Pay attention to your movement speed, once you start to slow down (“grind the reps”) it is time for a break.
- Breath through your sets (if possible, if not, do shorter sets)
- Efficient setup position, choose high or low hips (see below), back neutral as long as possible.

Breathing

- Keep breathing (holding your breath for too long is costly). The top of the deadlift is the best place to breathe.
- When the weight gets heavy for you, you will need to brace your trunk more which will limit your breathing
 - If you are holding your breath on the deadlifts this means you have shorter available time under tension = shorter sets
 - If you breath through your sets you can handle more time under tension = longer sets

Movement efficiency.

- Keep the bar close (both on way up and down)
- Hinge at the hips, strong back
- Hips and legs do the work
- Breath through each rep
- Smooth return
- Mixed (or hook) grip.

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Movement cues.

- “Back flat. Belly tight.”
- “Keep the bar close”
- “Tight trunk”
- “Hips down, chest tall” (if lower back gets pumped)
- “Weight back, hips to bar”
- “Stand tall, knees and hips on lockout” (DON’T overextend the lockout)

Potential limiters and how to overcome them.

Many athletes will be limited here by their lower back tolerance and inappropriate set breakdown.

- Muscular endurance (back, glutes, hamstrings, quads)
 - Break your sets based on your ability (see below)
 - Stay away from failure, it will be hard to come back
 - Consider mixed or hook grip
 - High hips** faster but may fatigue lower back more. **Lower hips** easier on the back (harder on the quads) but a little slower.
 - Practice both high and low hip deadlift** to figure out what feels the best. Be aware of your performance and fatigue during the workout, and be ready to switch styles as needed, ie. don’t keep stubbornly (or worse, ignorantly) lifting from a high hip position, if your lower back is blown out.
 - Equipment considerations
 - Sufficient chalk
- Strength (if the weight is heavy for you)
 - Focus on consistent body mechanics. Tight setup and close bar path.
 - Lower hips setup allows you to recruit more muscles
 - Break your sets based on your ability (see below)
 - Stay away from failure, it will be hard to come back
 - Use a mixed grip

Potential set breakdowns

- 20-20-15
- 13-12-11-10-9
- 11-11-11-11-11
- 11 sets of 5
- 13 sets of 4 + 1 set of 3
- 18 sets of 3 + 1 single
- Consider that the 1st rep is often the hardest in the set

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Wall ball

Pacing and strategy

- Aim for big sets if possible or as conditioning allows (1 to 5 sets)
- Find a steady rhythm and breath through each rep
- Relax arms after the throw to save the shoulders
- If you miss, RESPOND, don't REACT, just keep moving

What to stay focused on.

- Constant positions (Stance and distance from the target, mark on the ground)
- Accurate throws - Hit the target at the apex (ideally) or ascend NOT descend (way down)
- Hips and legs drive the movement, arms follow
- Breath through each rep
- Full squat, use the rebound (don't try to limit your range of motion as this is costly)

Breathing.

- Find a way to synchronise your breathing with the movement (find a good rhythm for yourself)
- There is room to breath twice during each rep (top and bottom of the movement) as needed

Movement efficiency.

- Find a good timing where you're receiving/riding the ball down smoothly, use the rebound from the bottom and finish the hips strong to save your arms for the HSPUs
- Upright squat, eyes up to see target without excessively cranking the neck
- Rebound the squat from the bottom, don't try to limit your range by breaking (this will cost too much)
- Relax arms after throwing the ball
- Elbows under the ball but relaxed (don't compress your chest)
- Measure your distance from the wall and mark it on the ground (tape), consistency under fatigue is key (find a distance where ball hits the target at the apex of the throw, easy receiving position)

Movement cues (wall ball).

- "Breathe"
- "Hips/legs lead, arms follow"
- "Tall on the squat, ball close"
- "Shake/relax your arms" (after the throw)
- "Timing" (receive the ball back into the rack position smoothly as your squat down)

Potential limiters and how to overcome them.

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Generally the main issues with wall balls are poor accuracy, or fatigue.

- ❑ Accuracy / finding a rhythm
 - ❑ Adjust your distance from the wall (and mark it on the floor with a tape for consistency).
 - ❑ Standing too close to the wall leads to missed reps, cranked necks, difficult catch and breath holding
 - ❑ Aim to hit the target at the apex of the throw (practise in warm up as needed)
 - ❑ If you miss a rep, stay on task, fire the hips a little more and nail the next rep.
 - ❑ If you miss multiple reps in a row, stop and take 5 deep breaths into your belly to re-set

- ❑ Muscular endurance
 - ❑ As soon as you finish the deadlifts, take 5 deep breaths to bring your heart rate down and calm yourself, you will experience less muscle fatigue with a lower heart rate
 - ❑ Continue to focus on your breathing throughout (oxygen allows your muscles to recover)
 - ❑ Break your sets early to avoid pushing into a place you can't recover from.
 - ❑ Let your hands drop to avoid local muscle fatigue in shoulders.

- ❑ Strength (the ball is heavy for you)
 - ❑ Jump HARD to reach the height
 - ❑ Accurate setup is important for you (see "accuracy")
 - ❑ Break the reps to small sets

Potential set breakdowns

Strong at wall-balls

- ❑ 55 unbroken, or 35-20

Good at wall-balls

- ❑ 30-15-10, or 25-15-15, or 20-15-10-10

Wall-balls are a challenge

13-12-11-10-9, or 10-10-7-7-5-5-3-3-3-2, **10-9-8-7-6-5-4-3-2-1**, 11 sets of 5

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Row

Pacing and strategy

- ❑ Transition fast on/off the rower (very easy to lose time here)
- ❑ Rowing for calories rewards a higher output, therefore the goal is to work smart, not to 'rest while rowing'. (refer to workout analysis numbers)
- ❑ Treat the row as the gateway to your HSPUs
 - ❑ If you're strong at HSPUs stay about 100 cal/hr away from what you think your 'red line' is (but don't go above).
 - ❑ If you are not as strong on HSPUs (<15-20 unbroken when fresh), and will be doing them in smaller sets, you can go much harder than you think on the row to create time as your HR will naturally recover between the smaller HSPU sets
 - ❑ Make sure to check out detailed pacing tips later in the manual

What to stay focused on.

- ❑ **Focus on finding a GREAT RHYTHM, LONG LENGTH** (of the pull) and **APPROPRIATE RATE** (strokes / minute) **NOT** on speed (calories/hour). Especially on the first (1st) minute. Speed/power output is a consequence of your movement efficiency.
 - ❑ As soon as you find your form, push the output progressively after the 1st minute (this allows for some recovery before you add more power to your stroke)
- ❑ Keep breathing! If you find yourself "grunting" early in the row (1st round), you are starting to "red line", ease your pace and focus on your form to restore your breathing.

Breathing.

- ❑ Find a rhythm that matches your stroke rate (22-24 you might take two breaths, 26-32 you'll probably breathe once)
- ❑ Try: Breathe in during the recovery, breathe out as you finish the pull (this should feel good, not forced)

Movement efficiency.

- ❑ Efficient row = less fatigue and lower heart rate when you reach the HSPU
- ❑ Don't worry about the power output on the first minute but form, rhythm and rate instead
- ❑ **Damper**
 - ❑ **Aim for 4-7 damper setting.** When fatigued use stroke rate and pull velocity to develop power rather than raw pulling force with a high damper setting. Practice this ahead of time.
- ❑ **Stroke rate** - 28-32 if competent on the rower BUT adjust to where you are most efficient
 - Concept 2 rower algorithm only counts calories at end of each stroke creating an ILLUSION of getting faster calories with lower stroke rates.***
- ❑ Find a good rhythm (listen to the rower) with long pulls

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- ❑ Drive : Recovery ratio = 1:1 to start THEN settle into 1 : 2
- ❑ Strong push, relax on the recovery
- ❑ Hands quick away from the body to initiate the recovery phase

Movement cues.

- ❑ “Long leg drive”
- ❑ “Shoulder over hips” (on drive to avoid early lean back)
- ❑ “Long arms for longer” (on drive)
- ❑ “Fast arms on recovery”

Potential limiters and how to overcome them.

Something general here

- ❑ Conditioning
 - ❑ Check if you are holding your breath! Ease off the pace enough to find a good breathing rhythm again
 - ❑ Focus on your form over pace (Efficient row = less fatigue and lower heart rate when you reach the HSPU)
 - ❑ Drive with the legs, then hips, then lean back, then arms
 - ❑ Arms recover first then hips, then legs (return handle back in a straight line, NOT around the knees)
- ❑ Inefficient movement patterns
 - ❑ Refer to movement efficiency and cues above for quick fixes
 - ❑ Focus on your form (especially sequence of movement and driving with the legs) in your warm up
 - ❑ Choose one cue that helps you the most and keep it in mind during the workout

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Handstand push up

Pacing and strategy

- Sustainable sets with short breaks (no resting on the wall)
- Efficiency and consistency of movement, not speed is key here
- Stay away from failure, rest with some left in the tank (especially in the early sets)
- Shorter, fast sets allow you to recover more than long, slow ones (= minimise your time under tension)

What to stay focused on.

- Meet the standard at the top (this will be the major challenge for most) both at the kick up and during the sets
- Strong lock out, tall spine, neutral hips (broken hips make you short). reach with heels at the top
- Maximise your kip to save your shoulders

Breathing.

- Breathing upside down can be difficult but is essential
- If you cannot breath in the handstand, consider short sets with short recoveries to get the oxygen in and CO2 out.

Movement efficiency.

- Hand position
 - If you're too far away from the wall you will have to work harder to push taller in order to reach the line
 - Being too close makes it easier to fall away from the wall and you may not allow your triceps to get involved and balancing may be more difficult
 - You want that tripod position where your hands and head almost make a triangle shape.
 - Mark the floor/mat to make sure you are consistent with position every set
 - Narrower hands** are more taxing for triceps but make it easier to meet the movement standard at the top. **Wide hands** makes the standard hard at the top
- Compression, then extension
 - Compression - bend your legs as you descend down from handstand (like a coiled spring)
 - Extension - Once head touches the ground immediately push, drive and extend the legs back to handstand. During the extending phase, open hips, push shoulders through and head out all at the same time

Continued on next page...

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- ❑ Elbows behind
 - ❑ Tripod position (where your hands and head almost make a triangle shape) - this allows for more stability when compressing and engages the triceps
- ❑ Midline stability & body tension
 - ❑ Maintain good body tension (strong midline and tight glutes) whilst compressing, extending and holding each position (bottom & top of handstand)
 - ❑ Good form will lead to better control avoiding loss of balance and leaking of potential energy
- ❑ Head position
 - ❑ Keep neutral and push your head through when extending the legs back to handstand (following the kip at the bottom)
- ❑ Big kip, drive and push
 - ❑ Go Deeper with the legs during the compression phase (i.e when tucking your legs, lower them more than usual to get more kick), then really open hips, push shoulders through and extend
- ❑ Push through your shoulders
 - ❑ During the extension phase (i.e when pushing up from the bottom of the HSPU to the top handstand position). Ensure head position is looking straight through
- ❑ Hollow not arch
 - ❑ Keep hollow at the top of the handstand and push tall as this will ensure your feet are getting to the marked line. An arched body makes you shorter and hence potentially miss reps
 - ❑ Keep hollow during the descend and compression phase to avoid miss-balance
- ❑ Lead with heels
- ❑ Maintain good rhythm and timing
 - ❑ Don't stop and rest on your head at the bottom for too long (better off coming down and resting)

Movement cues.

- ❑ "Compression, drive, extension" / "Compress and Go!" (at the bottom)
- ❑ "Hollow, hollow, hollow!"
- ❑ "Hollow = tall, Arch = short" (when at the top of the handstand)
- ❑ "Push tall, reach with heels" (to meet the standard at the top)
- ❑ "Think upside down thruster"
- ❑ "Head neutral"

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Potential limiters and how to overcome them.

This movement will be the main limiter for most athletes. Smart set breakdown and movement efficiency will be your biggest allies.

- ❑ Muscular endurance
 - ❑ Be smart with your set breakdown, start smaller than you think
 - ❑ Check, “Am I breathing?”, if you cannot breath upside down, do shorter sets and catch your breath during the recoveries
 - ❑ Choose a pacing (time between reps) based on your ability
 - ❑ Stay away from failure, as it will be hard to recover from
 - ❑ Good technique from early on, will help set you for success
 - ❑ Mark hand and head positions on the floor for consistency
 - ❑ Consider doing 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

- ❑ Range of motion (overhead mobility)
 - ❑ maintain small sets, really try to push through your shoulders at the top, keep tight in the handstand (squeeze glutes and maintain a stable midline)
 - ❑ Take the required time in your warm up to open up your thoracic spine and shoulders

- ❑ Inefficient movement patterns
 - ❑ Refer to movement efficiency and cues above for quick fixes
 - ❑ Mark hand and head positions on the floor for consistency
 - ❑ 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

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Potential set breakdowns

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)

Strong at HSPUs (50+ unbroken fresh)

If you went hard on the rower, consider an easier first set (to recover) and a bigger 2nd set. Always leave a few reps in the tank (3+, except on your last set). Even if you could do big sets, shorter sets with quick recovery might be a better plan.

Good at HSPUs (30+ unbroken fresh)

Break to smaller sets than you would think with short recoveries in between. You might do a bigger 1st set before the small ones. Always leave a few reps in the tank (3+, except on your last set). Consider fast singles for the last 10 or so reps.

HSPUs a challenge (<15-20+ unbroken fresh)

Break to small sets (1 - 5 reps) from the beginning. Fast singles all the way through might be a great option. Always leave 1 or 2 reps in the tank.

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6. STRATEGY AND PACING

General considerations

- ❑ **Be smart with your pacing from the start (many will go too hot off the gates on the first two movements). Come in with a plan based on your own ability.**
- ❑ Your proficiency in the HSPUs, max aerobic power output and tissue tolerance on the deadlifts are likely to be your limiting issue. Staying ahead of muscle fatigue (smart set breakdowns/pacing), breathing 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)

- ❑ **Deadlift:** Steady and smooth, consider breaking the deadlifts as soon as or before your speed of movement starts to slow down. Avoid long sets holding your breath.
- ❑ **Wall ball:** Settle into your rhythm, find consistency, smart rep scheme and keep breathing
- ❑ **Row: Focus on** finding a **GREAT RHYTHM, LONG LENGTH** (of the pull) and **APPROPRIATE RATE** (strokes / minute) **NOT** on speed (calories/hour). Especially on the first (1st) minute. Speed/power output is a consequence of your movement efficiency.
 - ❑ As soon as you find your form, push the output progressively after the 1st minute (this allows for some recovery before you add more power to your stroke)
 - ❑ You can push the pace more on the middle (about 100 cal/hr away from your “red line” but NOT above.
 - ❑ Once you hit 45 calories and have just 10 left, relax off the power ever so slightly but keep moving fast to prepare yourself for the transition to HSPUs.
- ❑ **HSPU:** Get straight up on the wall and do a small / moderate set, come off and take a little moment to recover your breath before settling into your rep scheme. This will allow you to get straight to work but also to recover enough before your (potentially) bigger sets
- ❑ **Round 2:**
 - ❑ **Deadlift:**
 - ❑ If short on time: Fast, shorter sets on the deadlift, GO AFTER IT and get as many in as possible.
 - ❑ If more time available: Smart sets, these 55 will take about a minute longer than on the 1st round.

- ❑ **Wall ball:** GO GO GO!!!! Hold on to that ball, do what you must to keep moving!!!

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Opportunities

- ❑ IF you are great at HSPUs
 - ❑ Get slightly bigger sets early on (not too big!), minimise that time off the wall
 - ❑ BREATH between the sets to recover faster
 - ❑ 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 have good conditioning
 - ❑ You can afford a faster pace leading to the HSPUs, especially on the rower
 - ❑ Big warm up is going to help you maximise your advantage

- ❑ If you are strong at wall-balls
 - ❑ Consider going unbroken or two big sets

- ❑ If you are strong at deadlifts
 - ❑ You can make up time here with bigger sets or fast short sets with quick rests

- ❑ Taller athletes
 - ❑ Will have a mechanical advantage on wall-balls and rowing. You can make up time here for those HSPUs
 - ❑ Be very smart on your HSPU sets, break them early
 - ❑ Pay attention to your setup position on deadlifts if very long legs (hips lower)

- ❑ Arm length
 - ❑ Shorter arms make for easier HSPUs but harder DLs (consider your setup position)
 - ❑ Longer arms make for easier DLs but harder HSPUs (maximise your kip)

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

- ❑ **Deadlift (muscular endurance, lower back tissue tolerance)**
 - ❑ Maintain neutral spine, lower hip setup, keep the bar close, rest early, drop last rep, use mixed grip

 - ❑ **Wall ball (Muscular endurance, conditioning)**
 - ❑ Find a good rhythm and breathing, Hit your rep targets (smaller sets, short breaks), Smooth catch on the descent, bounce from the bottom, time your rests (# of breaths, clock or ritual)

 - ❑ **Row (Muscular endurance, conditioning)**
 - ❑ Calories reward big efforts more than metres do. Push hard, recover during final strokes, and/or HSPU. If you start to “redline” (grunting etc.) slow down and focus on your form and breathing over the pace to recover.

 - ❑ **HSPUs (Muscular endurance, movement efficiency)**
 - ❑ Use a strong kip action, keep body tight, push through your shoulders when extending back to handstand (keep pushing at the top until you get the rep), neutral head, shorter sets, breath to recover, time your rests (# of breaths, clock or ritual)
-

THE TRAINING PLAN

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

- Deadlift
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form (bar path)
 - My range of motion (hip flexion: rounding at setup)
 - Muscle endurance (butt, hamstrings, lower back, set breakdown)
 - Strength (more focus on setup, 1st rep always hardest)
 - Grip (mixed or hook?)
 - How will I overcome these?
 - What is the best way for me to do the deadlifts?**
- Wall-ball
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form (mark your position on the floor for consistency, practise in warm up)
 - My range of motion (squat)
 - Muscle endurance (set breakdown, breathing)
 - Conditioning (rest management)
 - How will I overcome these?
 - What is the best way for me to do the wall-balls?**

THE TRAINING PLAN

- Row
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form (sequence and leg drive, transition in and out of the rower)
 - My range of motion (hip flexion, ankle dorsiflexion)
 - Muscle endurance (stroke rate, damper setting)
 - Conditioning
 - How will I overcome these?
 - What is the best way for me to do the row?**
- HSPU
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form (kip, breathing, consistency)
 - My range of motion (overhead position)
 - Muscle endurance (efficiency, breathing, set breakdown)
 - Conditioning (set breakdown), unlikely limiter
 - How will I overcome these?
 - What is the best way for me to do the HSPU?**

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
-

THE TRAINING PLAN

7. WARM UP

Establishing good breathing and solid movement patterns is a high priority in your warm up. We start with our usual aerobic warm up, including breath work. From there take the time you need to establish strong positions and efficient movement mechanics in your movement specific prep (including how you will sync your breathing with the movements). Pay attention to the nerve glides as poor radial nerve function leads to early triceps fatigue (and missed reps in HSPU). Make sure you know how and where to breath in each movement.

Finally we ensure you have consistent set up for each movement (mark the wall / floor for HSPU and wall balls), practise transitions (between sets and between movements).

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 4 - 6 x 20-30 seconds progressively faster row : 30-40 seconds rest (EMOM)
 - a. Identify a fast but sustainable pace you might use in the workout
 - b. We want to ramp up your HR and find the pace, not to build muscle fatigue, adjust accordingly for you.
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THE TRAINING PLAN

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

1. Follow along with our [#17.4 Movement Prep Flow](#), repeat until you feel good movement quality (1 - 3 rounds)
2. For additional shoulder prep, follow along with these [nerve glide drills](#).
3. Address your specific movement limitations as needed (hip flexion + squat + overhead position), use [MWOD](#) or [our movement flow library](#) as your resource.
4. **Deadlift**
 - a. [27 Good mornings](#)
 - b. [Banded Hip hinge](#) - 10 to 20 reps
 - c. “Monster walk” w/ band around feet or just above knee - 8 reps each direction
 - d. GHD hip extension - 10 controlled reps
 - e. Build up to starting load (avoid doing too many sets in here) in sets of 5
5. **Wall ball**
 - a. [27 Squats](#)
 - b. Find your optimal setup (distance from wall) for wall balls and mark it with tape
 - c. Practise “perfect” repetitions in 3 to 5 sets of 5
6. **Handstand push up**
 - a. Movement prep
 - i. Front support hold (1x 20-30sec) - (keep hollow, hips tilted under)
 - ii. Half dish/hollow hold 1 (feet on ground, shoulders up) (1x 20-30 sec)
 - iii. Half dish/hollow hold 2 (back flat, shoulders down and feet up) (1x 20-30 sec)
 - iv. Elevated front support push to pike handstand (push through shoulders) (5-10R)
 - v. Pushups (elbows back, chest in, posterior hip tilt) (5-10R)
 - vi. Floor standing pike (or straddle) handstand pushups (3-5R)
 - vii. Tripod headstand (with bent knees) (1 x 5-15 sec)
 - viii. Tripod handstand with extension (i.e tripod headstand, bend knees then straighten) (1-5R)
 - ix. Handstand hold (push tall and open shoulders) (2x 5-15 sec)
 - b. Measure your height for HSPU (according to official rules), mark the wall and the floor
 - c. Kick up to wall, adjust setup until you find the optimal reach (to line) and mark hand positions. Hold handstand for 15 seconds and breath (to check your position, if overextended, breathing difficult)
 - d. Practise HSPUs from this setup, adjust hand markings as needed, add head marking on the ground so you can execute every rep the same in the workout
 - e. Practise “perfect” repetitions in 3 to 5 sets of 2 to 4 (have your judge there to check standards so you can make adjustments to form as needed)

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

1. 2 - 4 Rounds of
 - 5 Deadlifts
 - 5 Wall Ball
 - 5 Calorie Row
 - 2 to 5 HSPUs
 - REST 1 minute

Practise your transitions (especially in and out of the rower) and optimise your setup.

2. **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.**
3. Spend more time on the assault bike as needed to make sure your heart rate is elevated before you start
4. 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 to avoid stiffening up of your back (DO NOT LIE ON YOUR BACK AS THIS CAN LEAD TO A CRAMP).
3. If your back is tight, consider trying [Super D \(Donnie Thompson\) back relief protocol](#).
4. Assault bike or row for 10 minutes at easy pace, HR < 140
5. Go through [Thoracic Flow](#) and [Lunge Flow](#), each once to restore range of motion
6. Voodoo floss both thighs and shoulders, 2 x 2 minutes per side

You might be able to repeat this workout for a total of 2 strong attempts, if your shoulders, lower back and nervous system recover fast. We recommend you repeat on Monday to give your CNS, posterior chain and shoulders time to recover.

IF you are going to repeat, avoid any posterior or overhead work over the weekend. Consider very little training if repeating for a better score is a high priority for you!

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. (17.4 will test the ability of your creatine phosphate pool to regenerate, so consider an extra serve of creatine either a few hours earlier, or the night before).

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 even for 1-3 days beforehand), to ensure you are more sensitive to the afternoon dose.

Consider:

Supplements that may contribute to improved endurance or delayed fatigue.

– 3-8g beta alanine

– 200mg/kg of sodium bicarbonate, sipped over a 3 hour period leading up to event. (DO NOT try this if not tested in practice as it can cause major distress to the stomach for some people, and especially when taken in higher doses. A safer method is to consume 2-3g, 2-3 x day for 2-3 days leading up to the event to build stores slowly and less 'stressfully'.

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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.

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.

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THE TRAINING PLAN

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.

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

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 17.4 with confidence and efficient movement.

For the deadlifts, see yourself moving smoothly and with no effort, the barbell feeling light, moving vertically, hips hinging strongly and easily, knocking out reps with ease and control. Think words like 'smooth', 'consistent', 'steady' and 'control'.

For the wall-balls, visualise yourself performing every rep the exact same, with 'focused aggression'. FEEL the comfortable, upright squat stance, your hips popping as you extend to launch the ball up, the arms effortlessly lining the ball up on target for release. Watch the ball make a successful hit, then visualise yourself 'absorbing' the ball back into a front rack as you descend into the next rep, see your own face and how confident and in control you look.

Think words like 'smooth', 'powerful', 'coordinated', and 'steady'

On the row, think about how controlled your breathing is, how smooth and efficient your row technique looks, how calm your face is.

And your handstand push ups are balanced, powerful, watch your heels crossing the tape mark every single time (this is a good time to plant the subliminal reminder to keep your toes pulled up to get better reach with the heels). Visualise yourself executing smart strategy throughout the set, ie no failed reps, as you ALWAYS at the correct time.

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 exercise into further checkpoints of your planned rep breakdown (eg. 20-15-10-5-5) then 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 sets or movements.

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

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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 patience (leading up to and especially on the HSPUs), working at the limits of your capacity but always backing off early enough to be ready for that next set.