

THE TRAINING PLAN

CFG Open Manual

WORKOUT # 17.5

THE TRAINING PLAN

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The Training Plan - CFG Open Manual - Workout 17.5

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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 # 17.5. It covers everything you need to perform at your best in CrossFit Games Open workout # 17.5.

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 17.5, Rx'd(Ages 16-54)

10 rounds for time of:
9 thrusters
35 double-unders

Men 95 lb.

Women 65 lb.

NOTES

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 9 thrusters, then 35 double-unders. They will repeat this couplet for a total of 10 rounds. During the workout, only the athlete may handle their equipment, and the rope must be set on the ground while the athlete is performing thrusters.

Every second counts in this workout. The athlete's score will be the time it takes to complete all 440 repetitions. Time will be recorded in full seconds. Do not round up. If an athlete finishes in 15:40.8, their score is 15:40. There is a 40-minute time cap. If the athlete does not finish all 440 reps within the time cap, their score will be the number of reps completed. There is no tiebreaker for this workout.

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. We'd like to see someone go sub 6:30 but expect to see some sub 6:40 times (no misses, efficient transitions, constant speed on both movements)

Consistency is king here. Keep a fast pace but don't rush through the movements. Good warm up prep will be important to prime the system. This will get nasty somewhere between rounds 4 to 6 but it won't get worse so KEEP GOING!

	Katrin			Sara		
Round	Split time	Thruster	DU	Split time	Thruster	DU
1	0:36	00:15	00:19	0:36	00:14	00:19
2	1:15	00:14	00:19	1:16	00:14	00:22
3	1:55	00:16	00:20	1:56	00:15	00:20
4	2:35	00:17	00:19	2:39	00:16	00:24
5	3:15	00:16	00:19	3:19	00:16	00:20
6	3:56	00:17	00:19	4:01	00:18	00:20
7	4:38	00:17	00:19	4:43	00:17	00:19
8	5:22	00:18	00:20	5:26	00:17	00:20
9	6:05	00:18	00:19	6:06	00:16	00:18
10	6:53	00:19	00:23	6:56	00:16	00:28
TOTAL	6:53	2:47	3:16	6:56	2:39	3:30
WORK	6:03			6:09		
TRANSITION	0:50			0:47		

Find a complete data analysis from the announcement event between Katrin and Sara [here](#). 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
- Standard bumper plates (18-inch diameter) to load to the appropriate weight for your division
- Collars
- A skipping rope

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 thruster are 43 kg (95 lb.) and 29 kg (65 lb.).***

Other equipment considerations

- Wear normal flat, light shoes
- Check the rope for fraying and the screw fasteners before you begin
- Make sure to have a back up rope ready
- Tight setup to minimise transition times
- Consider doing the workout in a cool environment to help with heat management (setup up near a door for example to have some cool air flowing through but not so much to mess with your double-unders)

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.**
 - Do your Double Unders parallel to the barbell

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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.

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. 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***
- 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

Thrusters

Pacing and strategy

- Break up sets as needed based on conditioning and ability (see potential set breakdowns for ideas).
- Keep a cadence (seconds / rep), that allows you to breath (see breathing). Both too fast and slow are inefficient and increase heart rate unnecessarily
- Minimise transition time back to the bar (whether you go unbroken or break to sets)

What to stay focused on.

- Fast transition to bar
- Stay upright and keep a straight bar path
- Breathe through the movement
- Pay attention to your movement speed, once you start to slow down (“grind the reps”) it is time for a break.

Breathing

- Find a pattern that allows you to breathe through each rep (one or two breaths), focus on the exhale
- If needed, top of the thruster is a good place to find your breath

Movement efficiency.

- Keep the bar close (both on way up and down)
- Stay upright and keep the bar path straight
- Balance, avoid forward lean, stay upright on the whole foot
- Stable rack position, bar high on shoulders, find the best position for you
- Hips and legs drive, arms follow (save your arms/wrists for the double-unders)
- Smooth return (initiate squat just before the bar meets the shoulders)
- Be mindful of excessively forward knee position in your effort to stay upright, this might limit your depth to a point where you no longer meet the movement standard

Movement cues.

- “Breathe”
- “Stay tall, no fall!”
- “Straight up, no lean!”
- “Hips then arms!”
- “Smooth down, fast up!”

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Potential limiters and how to overcome them.

While a lot of this will come down to your conditioning and muscular endurance, the biggest technical limiters here will be your breathing, quality of positions and timing

- ❑ Mobility/Positions
 - ❑ Rack position
 - ❑ Find and maintain your stable rack position (upright trunk, bar resting on the shoulders (if possible), elbows as high as needed to maintain the first two points)
 - ❑ Adjust grip, elbow height and bar position on chest to where you can optimise your breathing, bar path, balance and upright trunk
 - ❑ Overhead position
 - ❑ If you have difficulty reaching the full lockout or struggle with your wrists, consider placing the thumb on the same side as the fingers (monkey grip) but DO NOT drop the bar on your head if you do this
 - ❑ Stance
 - ❑ Find the stance that allows you to stay the most upright, most balanced and most comfortable through the thrusters
 - ❑ Wider stance will shorten the distance you travel, but you may have to work harder to keep upright if you lack mobility in this position
 - ❑ Too narrow a stance will increase the distance you travel and cause forward lean of the trunk
- ❑ Muscular endurance (shoulder, quads, forearms)
 - ❑ Breathe
 - ❑ Break your sets based on your ability (see below)
 - ❑ Stay away from failure, it will be hard to come back, if you start to slow down significantly this is a good sign that you might need to rest
 - ❑ If you have difficulty reaching the full lockout or struggle with your wrists, consider placing the thumb on the same side as the fingers (monkey grip) but DO NOT drop the bar on your head if you do this....
- ❑ Strength (if the weight is heavy for you)
 - ❑ Focus on consistent body mechanics. Tight setup, big hip extension and close bar path.
 - ❑ Brace your trunk for more efficient force transfer
 - ❑ Break your sets based on your ability (see below)
 - ❑ Stay away from failure, it will be hard to come back

Potential set breakdowns

- ❑ 5+4
 - ❑ 3+3+3
-

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Double Unders

Pacing and strategy

- If you are aiming for a top score (< 7:00), transitions are important (= practise them in your warm up AND take them seriously)
- “Sprinting” might save you 2-3 seconds per round BUT comes with a high cost in terms of fatigue and heart rate + increases the risk of missing reps. Use your normal double-under pace that you have practised.
- BE PATIENT! If you miss a rep, RESPOND, don’t REACT = “keep calm and carry on”
- Don’t wait to rest until your shoulders/forearms give up, have a set plan for rests as needed

What to stay focused on.

- Relaxed face and shoulders, spin the rope from the wrists, not the elbows or shoulders
- Fix your eyes on a far target at or slightly above eye level (to keep a good body alignment and to avoid visual fatigue)

Breathing.

- Find a pattern that synchronises your breathing with the movement (find a good rhythm for yourself)

Movement efficiency.

- Maintain a tall posture. Think “Tall, head through the ceiling”
- Stay relaxed (face, shoulders, elbows, wrists)
- Hold the handles loosely to save your forearms
- Point your toes to maintain good body alignment
- Place the rope down at end of round to make it easy to pick up on the next one
- Keep your normal double-under pace, don’t rush

Movement cues

- “Stay relaxed and tall”
- “Wrists, not shoulders”
- “Elbows in, wrists low” (keep your wrists below elbows)
- “Smooth jump, point the toes”
- “Breathe”

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Potential limiters and how to overcome them.

Main limiters here will be maintaining your coordination under fatigue, conditioning and shoulder/forearm endurance

- Timing / finding a rhythm / coordination
 - Take your time to set up for your set (don't rush to get going)
 - Perform 2-3 singles as needed to get in the groove.
 - Eyes straight ahead (fix a target in the distance), and keep breathing.
 - If you miss a rep, stay on task by focusing on a good (not a missed) rep, and start again
 - If you miss multiple reps in a row, stop and take 3 deep breaths into your belly to reset
 - Practise the coordination chart drills in the warm up

- Systemic fatigue / high heart rate (conditioning)
 - Take a few more breaths on your transition from the barbell and in-between sets of double-unders as needed
 - Continue to focus on your breathing throughout (oxygen allows your muscles to recover)
 - Consider breaking your set to avoid pushing into a place you can't recover from.

- Shoulder / forearm fatigue
 - Keep your hands below your elbows and elbows tucked in to avoid local muscle fatigue in your shoulders.
 - Warm your wrists up well to make sure you don't have to compensate elsewhere for the missing range of motion
 - Keep a loose grip on the rope handles

Potential set breakdowns

Strong at double unders (100+ unbroken)

- All sets unbroken

Good at double unders (50 - 100 unbroken)

- Most sets unbroken, consider breaking to 20+15 or 15+10+10 (if gassed) at later rounds as needed

Double unders are a challenge (10 - 30 unbroken)

- Skip till you trip and then reset, or set a goal of 5-10 reps each set, and purposely stop when you reach that goal.

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6. STRATEGY AND PACING

General considerations

- ❑ **Be smart with your pacing: Keep your own pace, don't rush the movements, and aim for consistency with minimal transition time**
- ❑ Be aware of your limiters and opportunities, choose a smart set breakdown (if needed) for you

Play by play (overview)

- ❑ **Round 1:** You will feel fresh and anxious to go so this is likely your fastest round. Be patient from the start (there is no rush) and set a tone of precision and consistency for the rest of the workout
- ❑ **Rounds 2 - 3:** Settle in to your pace, breath and be precise on the transitions
- ❑ **Rounds 4 - 6:** Somewhere in here, things will start to get nasty but they won't get worse after that initial shock. Deal with the discomfort by accepting it and working with it, rather than against it. You dictate the pace, not the bar or the rope.
- ❑ **Rounds 7 - 9:** Time to buckle up and keep your pace. While hard, staying relaxed here will keep you on the task
- ❑ **Round 10:** The finish line, stay consistent in your execution, push the pace a little if you can, you're close but must still be precise on the rope

Opportunities

- ❑ If you are great at thrusters
 - ❑ Go unbroken, keep a fast but sustainable pace, don't rush
 - ❑ Minimise transition times (to maintain your advantage, easy to loose time you made up by slow transitions)
- ❑ If you are great at double unders
 - ❑ You can use these as a chance to recover.
 - ❑ Pushing the pace here = higher HR which will catch up with you, keep your normal pace, don't rush
 - ❑ Keep breathing and gather yourself mentally for the next set of thrusters.
- ❑ If you have good conditioning
 - ❑ Your plan is to go unbroken with minimal rest in transitions
 - ❑ Breathe to stay on top of your recovery and muscle fatigue
 - ❑ Big warm up is going to help you maximise your advantage.

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

❑ Conditioning

- ❑ Make sure to do a big warm up (to maximise your current ability), stay relaxed on the movements, breath, focus on efficiency (timing and positions on thrusters, posture, relaxation and wrists on the double-unders)
- ❑ Break the work into manageable sets and find sustainable rests between the movements, if breaking down your sets aim to get the first set done and then rest to avoid “wasted” rest time.

❑ Muscular endurance

- ❑ Thrusters (shoulders, legs, forearms)
 - ❑ Lead with the hips (on the way up), smooth return on way down, upright trunk, bar resting on shoulders (not wrists), bounce from bottom of the squat
 - ❑ Consider breaking the work into manageable sets, from beginning or mid-way through (5+4 or 3+6, if coming straight in from DUs) OR take longer rests before unbroken sets
- ❑ Double-unders (shoulders, forearms, calves)
 - ❑ Warm up well, but limit the volume in the warm up
 - ❑ Keep wrists below elbows, elbows tucked in, tall posture, eye straight ahead, relax your face, shoulder, elbows and wrists
 - ❑ Break the work into manageable sets early (20+15, 15+10+10)
- ❑ General
 - ❑ Break the work into manageable sets and find sustainable rests between the movements, if breaking down your sets aim to get the first set done and then rest to avoid “wasted” rest time.

❑ Positions / range of motion (overhead, front rack, squat)

- ❑ Spend extra time in warm up to improve your specific positions
- ❑ Adjust stance width and/or grip to improve ROM
- ❑ If squat is a challenge for you, consider wearing lifting shoes, wrist wraps if wrists are an issue

❑ Coordination on double-unders

- ❑ Keep calm, breathe, hands below elbows, keep tall, eyes looking straight ahead. If you trip, reset and continue, consider doing 2-3 singles before your doubles to find the rhythm
- ❑ Practise coordination drills (star chart) in the warm up

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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

- Thrusters
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form (bar path, positions)
 - My range of motion (front rack, overhead, squat, wrists)
 - Muscle endurance (legs, shoulders, triceps, set breakdown)
 - Strength (bar is heavy)
 - How will I overcome these?
 - What is the best way for me to do the thrusters?**
- Double Unders
 - Is this an opportunity for me?
 - Will I be limited by...?
 - My movement efficiency / form
 - My range of motion (wrists)
 - Muscle endurance (set breakdown, breathing, form, shoulders, forearms)
 - Conditioning (transitions, set breakdown, breathing)
 - How will I overcome these?
 - What is the best way for me to do the double-unders?**

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

Our priority here is to prep the system aerobically and to prime you for consistency in both movements. We will start with the usual aerobic warm up followed by intervals to touch on the higher heart rates.

For movement prep focus on the quality of your positions (these are the foundation for consistency of movement under fatigue). Take the extra time if needed to be comfortable with the barbell in the front rack (also at bottom of the squat) and overhead position. Make sure you can breathe in each of these positions. For the double-unders we will do some coordination drills to prime your nervous system, watch the video and do these seriously, they will make a difference.

Finally we practise the setup, transitions and pacing to make sure everything is ready. Have your judge be part of your warm up if possible as counting double-unders can be tricky (and you want them to get it right). Also check your thruster standards, we don't want any missed reps.

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. **Assault bike** for 3 x 5 minutes, start easy and progressively increase your pace. Do 30 single unders every 5 minutes. Make sure you are hot and sweaty at the end, if not, move longer.
 3. 2 - 3 sets of 4 minute EMOM:
15 seconds progressively faster Assault bike
20 seconds of single unders
Rest remaining of the minute
-

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

1. Follow along with our [#17.5 Movement Prep Flow](#)
 2. **Address your specific movement limitations** as needed (squat + wrists + shoulder extension + front rack position + overhead position), use [MWOD](#) or [our movement flow library](#) as your resource.
 3. **Thruster**
 - a. [27 squats](#)
 - b. 3 Rounds with increasing load (start with empty barbell), rest between rounds
 - i. Front squat - 3-5 reps
 - ii. Push press - 3-5 reps
 - iii. Thruster - 3-5 reps, focus on timing on way up (hips lead, arms follow)
 - iv. Thruster - 3-5 reps, focus on timing on way down (arms lead, squat follows)
 4. **Double-unders**
 - a. Perform star chart coordination exercise ([watch this video for how to instructions](#) on the chart). [You can download the chart here.](#)
 - i. Do a set of 15 - 20 double unders
 - ii. Perform star chart exercise tapping on the legs
 - iii. Re-test your double unders
 - iv. Perform star chart exercise spinning wrists as in double unders
 - v. Re-test your double unders
-

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

1. For 3 rounds (practise your transitions, optimise your setup)
3 thrusters @ 95/65lbs (or a lighter load if this is heavy for you)
10 double unders

Get used to moving FAST in the transitions.
Pay attention to how you pick up and place the rope down.

2. For 2-3 rounds (practise your pacing)
4 thrusters @ 95/65lbs (or a lighter load if this is heavy for you)
15 double unders

If you are going for a set rest strategy
(within movements or between sets / movements) practise using your plan here.

3. 1 round (if you can go unbroken)
9 thrusters @ 95/65lbs (or a lighter load if this is heavy for you)
35 double unders

4. **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).**

5. Spend more time on the Assault bike as needed to make sure your heart rate is elevated and you are sweaty before you start

6. If you are happy with your approach and feel sufficiently warmed up, rest 2 - 3 minutes then **CRUSH the workout.**

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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
3. Assault bike or row 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 calves, thighs, forearms and shoulders, 1 x 2 minutes per side

You might be able to repeat this workout for a total of 2 strong attempts. We recommend you repeat on Monday to give your aerobic system, legs and shoulders time to recover.

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

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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. 17.5 is going to be the most lactic of this years workouts, so in general, the emptier your stomach, the better.

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 low side so as not to delay digestion. Stick with foods you are familiar with and know you digest well.

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.

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,

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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'.

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).

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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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 decaf or 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.

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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 17.5 with confidence, efficient movement and good pacing.

For the thrusters, see yourself moving smoothly and with no effort, the barbell feeling light, upright torso, hitting perfect depth, driving the bar overhead easily, knocking out reps with ease and control. FEEL the comfortable, upright squat stance, your hips popping as you extend to launch the bar up, the arms effortlessly locking out, then visualise yourself 'absorbing' the bar 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', 'consistent', 'steady' and 'control'.

Your double unders are relaxed, fast and coordinated. Again, visualise your face and how calm it is. Torso is upright, ankles, knees, hips are working together to create effortless spring. Listen to the rope whirring smoothly, movement all from the wrists, shoulders/neck 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' of each round in the workout, to celebrate another victory, another small step to being finished.

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 sets or movements.

If the thrusters start to feel heavier, stay calm, focus on the task at hand, breaking a set is not the end of the world, just take a breath and keep going.

Try 'easy', 'one more rep', 'breathe', 'drive', or anything else that will keep you present, focused on what you need to do, and determined to keep moving.