

THE TRAINING PLAN

QUICK TIPS for 18.1

Expected top scores:

Men: 13 - 14+ rounds (416 - 448+ reps), average 1:32 - 1:25 / round

Women: 13 - 14+ rounds (390 - 420+ reps), average 1:32 - 1:25 / round

Minimum score to aim at for Regional hopefuls (estimate, could be more, unlikely to be much less):

Men: 12.5 - 13 rounds (400 - 416 reps), average 1:36 - 1:32 / round

Women: 12 - 13 rounds (360 - 390 reps), average 1:40 - 1:32 / round

Key points

- *Pacing (uncomfortable but consistent), controlled mainly by row pace and transitions.*
- *Transitions (especially to and from the rower but all important due to their high number)*
- *Efficiency (most work for least effort), breathe!*
- *Grip (managing sets on toes to bar as needed)*
- *Make sure the rower monitor is managed (re-set) on each round for you*

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Pacing

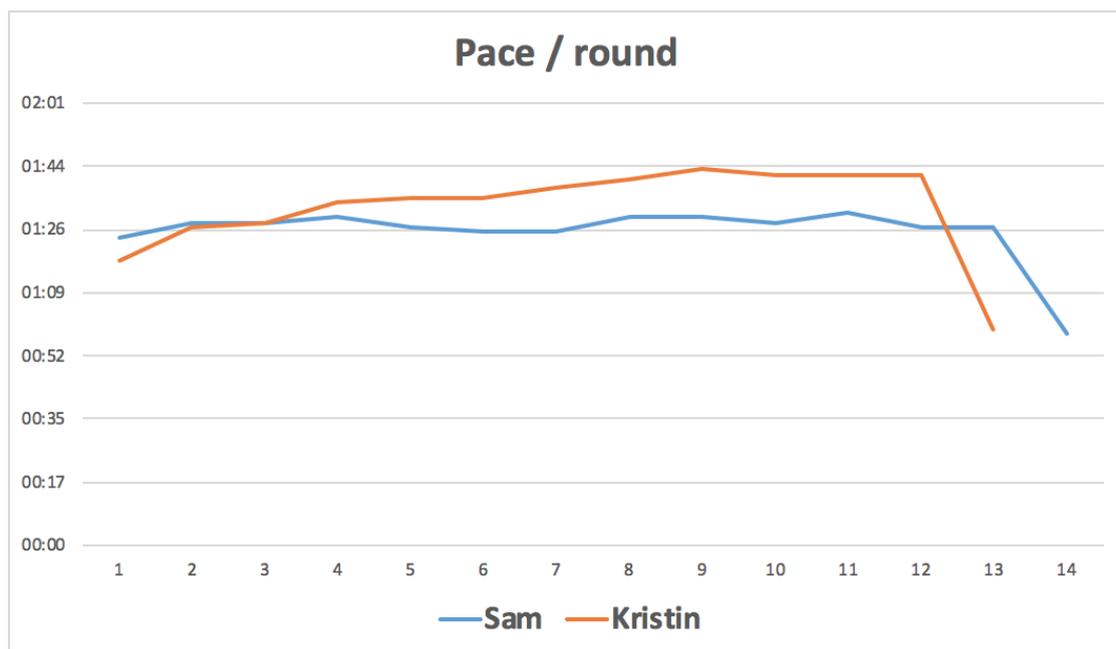
- *Your pace should be at the threshold, not redlining after few rounds (consistency is king). BREATHE!*
- *Determine a pace (time / round) that you feel you can hold for the full 20-minutes (see consistency of Sam's pacing vs Kristin on next page). Map how that would break down between different movements and ask yourself, "does this seem right for my capacity?"*
- *Your first few rounds likely to be little faster than your average pace but you shouldn't deviate too much from your initial pace (see Sam's pacing on next page).*
- *There is no rest in this workout (see exceptions below), you can control your pace in the transitions, on toes to bar (as needed) and on the rower (cal/hr).*
- *Rather rest (only if needed) before picking up the DB and go unbroken than break the sets down. If you must break the DB sets, always aim for full 5 reps on one side before you do.*
- *Be smart and break the toes to bar as needed. Stay ahead and rest before going to failure.*
- *As always, breathe through the movements to stay ahead of muscle failure.*
- *Shake your hands off briefly and during the transitions to promote blood flow and recovery*

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Pace per round with splits for a given target.

Score	Per round	Split/Round														
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
7 Rounds - (210/224)	02:51	02:51	05:42	08:33	11:24	14:15	17:06	19:57								
8 Rounds - (240/256)	02:30	02:30	05:00	07:30	10:00	12:30	15:00	17:30	20:00							
9 Rounds - (270/288)	02:13	02:13	04:26	06:39	08:52	11:05	13:18	15:31	17:44	19:57						
10 Rounds - (300/320)	02:00	02:00	04:00	06:00	08:00	10:00	12:00	14:00	16:00	18:00	20:00					
11 Rounds - (330/352)	01:49	01:49	03:38	05:27	07:16	09:05	10:54	12:43	14:32	16:21	18:10	19:59				
12 Rounds - (360/384)	01:40	01:40	03:20	05:00	06:40	08:20	10:00	11:40	13:20	15:00	16:40	18:20	20:00			
13 Rounds - (390/416)	01:32	01:32	03:04	04:36	06:08	07:40	09:12	10:44	12:16	13:48	15:20	16:52	18:24	19:56		
14 Rounds - (420/448)	01:25	01:25	02:50	04:15	05:40	07:05	08:30	09:55	11:20	12:45	14:10	15:35	17:00	18:25	19:50	
15 Rounds - (450/580)	01:20	01:20	02:40	04:00	05:20	06:40	08:00	09:20	10:40	12:00	13:20	14:40	16:00	17:20	18:40	20:00

Pace per round on the announcement show between Sam and Kristin. Notice the difference consistency. Last round was partial for both, hence the drop in the graph.



The Training Plan - CFG Open Manuals - 18.1 - First thoughts

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

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Transitions

- *Effective pacing involves understanding your transitions (compare Sam and Kristin below) and using them to optimise your performance.*
- *Tight setup is key to minimise transition time between each movement.*
- *Transitions on and off the rower must be smooth and fast (consider whether to strap the feet in or not, be quick if you do). Practise them ahead of time.*

	Sam - 13 rounds + 19 (409 reps)	Kristin - 12 rounds + 19 (379 reps)
Work	17:12	17:42
Transition	02:38	02:18

Toes to bar

- *“Push through your shoulders at setup before snapping up to the bar.”*
- *Think “bend and extend!” - snap your knees quickly into your chest before extending your feet up to the bar and then bring them back down fast.*
- *When feet come down, have good hip extension (Open the hips) whilst pushing through the shoulders again*
- *Keep breathing! It’s easy to perform multiple reps before you realise your breath is locked up. Keep it flowing, keep as aerobic as possible.*
- *Relax your grip, don’t death grip the bar.*

DB Hang clean and jerk

- *Don’t fight the dumbbells, find positions (in the warm up) that you can sustain.*
- *Find where to breathe (don’t hold breath unless you need to brace hard due to weight). The more relaxed the breathing, the better.*
- *Don’t get sloppy, keep the standard when switching hands.*
- *Decide whether to push-press (faster) or push jerk (potentially slower, more complex, bigger chance of movement error, only as needed)*
- *Utilise the back swing, ie let the DB swing back slightly between the legs, in order to get a better assist back up to the shoulder.*
- *Consider starting each round with different hand (for longer recovery on one side)*

Row

- *Rowing for calories means getting comfortable being uncomfortable.*
- *Drive with legs, keep arms and grip as relaxed as possible*
- *Make sure the monitor is reset each time*
- *Set the straps one setting lower than usual as needed for fast transitions, make sure straps are loose enough to easily get back into.*

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