

# THE TRAINING PLAN

## Your warm up for 18.1

**Part #1 (20-minutes)** - Breathe well, elevate heart rate and get sweaty (General warm up).

**Part #2 (10 to 15-minutes)** - Workout specific dynamic mobility, breathing and movement prep.

**Part #3 (5-minutes)** - Find the right feel and pacing. Finalise game plan and get mentally ready.

**Total time for this warm up is about 35 to 40-minutes.**

Our priority with 18.1 is to prep the system to do sustainable work (aerobically) and to prime you for consistency in all movements. We will start with breathing + aerobic warm up followed by movement prep and finishing off by finding your rhythm and pacing.

For movement prep focus on the quality of your positions, rhythm and breathing (these are the foundation for consistency of movement under fatigue). Take the extra time if needed to be comfortable with the DB. Make sure you can breathe well in each position. Watch the video for toes to bar and make sure you feel efficient in these. Practise transitions on and off the rower.

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 remembering to extend the hips on the DL before the 1st clean on each set can be tricky (and you want them to get it right, Sam got no repped on announcement show).

**If you are not used to warming up for this long, consider reducing the volume a bit (if concerned that you will be too fatigued from this).**

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

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## Part #1 (General Warm up / Prep the system) - 20-minutes

### BREATH WORK

**Get your diaphragm working:** Take 2 - 3 minutes to lie down on your back with feet elevated against the wall at 90 degrees, place your hands into your stomach and breathe into them

- a. [Diaphragm drill](#) - 3 reps of each variation
- b. 4 x (6 seconds in - 2 seconds hold - 7 seconds out - 0 second hold)
- c. 5 - 20 x (4 seconds in - 4 seconds hold - 4 second out - 4 seconds hold)

### GENERAL WARM UP

You will move through each stage, progressively increasing the intensity (your work output) as you go. This warm up will be done on a rower (primarily), assault bike and/or ski erg changing once at each stage (e.g. 3 minutes on a rower, followed by 3 minutes on an assault bike on 1st stage). Build the intensity up slightly on each minute of the warm up so that the final two minutes will be quite hard efforts. Make sure that your rower is set to calories so you can start to play with the pacing.

#### Stage 0. Row practise (no more than 3-minutes)

- a. *10 strokes legs only - focus on the heels and feel how your drive increases as they make contact with foot plate.*
  - i. *Then dismount the rower, thinking about how to make the transition smoothly (ie. slide feet up and out) and how tight/loose you want your straps.*
  - ii. *Remount the rower, again working on a smooth and efficient movement*
- b. *10 strokes legs + hips only - focus on the transfer of power from legs to hips*
  - i. *dismount and remount*
- c. *10 strokes hips and arms only - focus on transfer of power from hips to arms, and also the quick return of arms to a straight position before hips rebend.*
  - i. *dismount and remount*
- d. *10 full strokes - linking the full movement now, legs/hips/arms, work on making the recovery mirror the drive.*

*Practise fast transition to rower followed by a sprint start on each transition, ie. short, sharp strokes with no layback to get flywheel up to speed quickly (quarter stroke, half stroke,  $\frac{3}{4}$  stroke, full stroke). Watch out for early arm bend, which will fatigue your grip and arms.*

**Stage 1.** 3 + 3 minutes (row + AB/ski erg), nose breathing only

**Stage 2.** 2 + 2 minutes (row + AB/ski erg), nose breathing only for as long as possible

**Stage 3.** 1 + 1 minute (row + AB/ski erg), nose breathing only for as long as possible

Make sure you are hot and sweaty at the end.

The Training Plan - CFG Open Manuals - 18.1 - Warm up

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

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## Part #2 (Focus on the quality of your positions, breathing and movement) - 10 to 15-minutes

1. **Dynamic mobility** (*shoulders and hips primarily + loosen off your forearms*)

2. Follow along with our [#18.1 Movement Prep Flow](#)

4. **Toes to bar**

a. *Position specific breathing (hanging and in a seated pike, 5 big breaths in each position), make sure your breathing feels free and relaxed.*

b. *Tuck ups - 3 to 5 reps*

c. *V-ups - 3 to 5 reps*

d. *Kip swings - 3 to 5 reps*

e. *Hanging knee tucks - 3 reps*

f. *Toes to bar - 3 to 5 reps, focus on rhythm and relaxed grip*

5. **DB hang clean + jerk**

Take time to groove this movement in but don't do so much as to get fatigued (rest as needed between sets and parts)

a. *Position specific breathing (DB on the shoulder + DB overhead, 5 big breaths on each position/side), make sure your breathing feels free and relaxed*

b. *With a light DB (not Rx weight)*

i. *DB deadlift - 3 reps / side, focus on full extension at the top*

ii. *DB hang clean - 3 reps / side, focus on getting the hips to do the work (hips lead, arm follows)*

iii. *DB press - 1-3 reps / side, focus on position overhead ("locked and stacked")*

iv. *DB push press - 3 reps / side, focus on timing (hips lead, arm follows)*

v. *DB jerk - 3 reps / side, focus on timing (getting under the DB as you lockout overhead)*

c. *DB Hang clean + Shoulder to Overhead (Push press or Jerk) at Rx weight - 2-3 sets of 3 / side*

i. *Practise full extension on the DL before your first clean*

ii. *Find a rhythm, level of effort needed and timing both for the way up and down from overhead to link to the next repetition then sync your breathing with the movement. (Don't put more energy to each rep than is needed).*

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## Part #3 (Find, feel and practise the flow and pacing of the workout) - 5-minutes

### FIND FEEL AND PACING, FINALISE GAME PLAN

1. *For 3 rounds (practise your transitions, optimise your setup)*  
2 Toes to bar + 2 DB Hang clean & jerk/side + 4 cal row

*Get used to moving FAST in the transitions.*

*Pay attention to how you get on and off from the rower*

*Be conscious of your breathing*

2. *1 Full round*  
8 Toes to bar + 5 DB Hang clean & jerk/side + 14/12 cal row
3. ***Practise and think about your transitions, sets and movement strategy in the context of what you learned so far and your personal experience. Make sure you are clear about your plan and specific goals for each movement and transition.***
4. *If you are happy with your approach and feel sufficiently warmed up, rest 2 - 4 minutes then **CRUSH the workout.***