

# THE TRAINING PLAN

## QUICK TIPS for 18.2 and 18.2a

### **Expected top scores (18.2):**

**Men / Women:** < 3:30 (Theoretically, 3:15 or so should be possible based on announcement show analysis), this is highly dependent on the body type. There will be outliers with ridiculous scores.

**Minimum score to aim at for Regional hopefuls (estimate, we will know better by Sunday):** < 4:20-4:30

**MAKE SURE TO HAVE ALL THE PLATES YOU NEED (AND MIGHT NEED) READY BEFORE STARTING THE WORKOUT!!!**

### Equipment and pre-workout checks

- **Have a clear plan on how you will load the bar**
  - **Make sure your loading assistant knows the plan**
  - *Communicate scenarios (eg prepare the weights, go through the attempts and talk about potential reaction to fails (eg go down on weight) before the workout. BE CLEAR with each other.*
- **Have all the plates you need (and might need) ready before starting the workout**
- *Pre-chalk your barbell before the workout so it's ready for 1st attempt*
- **Shoes**
  - *Option #1 - Wear your normal workout shoes (if comfortable with the clean in these)*
  - *Option #2 - Wear your weightlifting shoes (especially if squat depth/position is an issue)*
  - *Option #3 - Make a quick shoe change between 18.2 and 18.2a (not ideal but possible, make sure the laces and velcro are open for easy change)*
- **Belt**, have it prepared for the cleans. Use the belt you're used to using for your cleans. **If you wear a powerlifting belt, you can turn the buckle to face backwards so it's out of the way (you need to try this in the warm up if unfamiliar)**
- **Filming**, Make sure you have [reviewed the standards on the Games site](#)

# THE TRAINING PLAN

## 18.2

### **Key points**

- *Tight set up (announcement show setup was good)*
- *Keep the squats unbroken, pacing will happen on the burpees*
- *Review announcement show for burpee styles, Vellner's was faster*
- *You have to just keep moving, it will get hard, deal with it*
- *The fight begins on the 6-7th round, keep charging forward*

### **Game plan**

- *Start fast, finish faster*
- *Find a consistent pace, try to not break up squats if possible and do not rest in the transition from movement to movement, keep moving*
- *Fight through the finish, don't pace at the end*

### **DB squat**

- *Muscle clean is likely the fastest way to set up. A power clean means you have to stand back up first before starting your squats.*
- *DB placement (options): tip of the DB on shoulders, behind the shoulders or handles resting on shoulders (must find your style in the warm up → the easiest/fastest way for you)*
- *You MUST give some thought to how you place DBs down after sets 1-9, so that they are easy to pick back up again.*
- *If you need to pace on the squats, rest at the top, aim to not put the DBs down.*
- *The squats will be FAST, but really focus on breathing here to build up some reserves for the next set of burpees, breathing at the top and bottom of each squat may really help. It's easy to perform multiple reps before you realise your breath is locked up. Keep it flowing.*
- *Set 10, if you do drop them, still take care that they are out of yours and any other athletes way, or have someone ready to grab them for you.*

### **Bar facing burpee**

- *If you want to be very fast, all burpees must be direct jump over the bar, no pause at the floor or after the pop up (see Vellner in announcement show)*
- *If you need to pace, think pop up, step, step, jump over the bar" but keep moving*
- *Practise your burpees before the start, they will control the pacing of the workout and small differences become big over the 55 repetitions.*

### **The Training Plan - CFG Open Manuals - 18.2 - First thoughts**

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

# THE TRAINING PLAN

## 18.2a

### Key points

- *Make sure you have a plan*
- *Make sure your loading assistant understands the plan and has all the plates and clips ready. **They must be ready to help you be ready and avoid mistakes during the workout.***
  - *You will be tired and might not think clearly in the moment.*
- ***Be aggressive on your 1st lift, it might feel heavy, but that's ok, it will get better***

### Gameplan

- ***How many attempts should I have?***
  - ***If fast on the workout***
    - *More attempts possible, 3 to 6*
  - ***If slower on the workout***
    - *Less attempts possible, 2 to 4*
- ***How heavy should I start?***
  - *First attempts should likely be in the 70-77.5% of your 1- rep max (warm up to this weight ahead of time)*
- ***Add weight in bigger jumps or smaller jumps?***
  - *You know yourself best, each lift should build your confidence until your target weight.*
  - *Bigger jumps in the beginning, smaller jumps in the end*
- ***How much should I rest between attempts?***
  - *Rest 1-minute before your 1st attempt (of course if you don't have that much time left you have to go for it earlier)*
  - *Find your sweet spot between every 45 to 90 seconds*
  - *Final attempt, check the clock and give yourself until the last 10 seconds to go, using every spare second to recover and psych up for the big effort!!*

### Clean

- *Be focused, take a deep breath and commit to each lift as if it was your only attempt*
- *Tight set-up, patient on the first pull, even if your legs might feel tired*
- *Be aggressive, trust your warm up and your ability*