

# THE TRAINING PLAN

## QUICK TIPS for 18.3

### **Expected top scores (18.3):**

**Men / Women:** Will anyone finish? Probably not, but everything is possible. Best scores likely end somewhere on the last set of DUs.

### **Minimum score to aim at for Regional hopefuls (estimate, we will know better by Sunday):**

**Women:** Get through the 2nd set of double unders on the 2nd round (684+)

**Men:** Get (deep) into the 2nd to last set of double unders on the 2nd round (700+)

### **Equipment:**

- Make sure to have 2 ropes (so you have a back up ready as needed)
- Wear shoes are the most comfortable for double unders (**tie double-knots on the shoes, tuck the laces out the way**)
- Wear clothes that cannot get in the way of double unders
- Consider something around wrists to avoid excess sweat in palms
- Go to bathroom before you start (especially for girls)

### **Key Points**

- Stay relaxed and light. Breathe on the double unders, move at your pace, don't rush
- Decide in how big of sets to break the double unders into (or if you go unbroken) and how much rest you take in between sets (**DUs is where you make your money**)
- Decide how to break the muscle ups and how much rest in between sets
- Execute overhead squats and dumbbell snatch with consistent and smooth repetitions without fatiguing your shoulders too much for muscle ups and/or double unders

### **Summary**

- If you are confident with the movements and your conditioning, much of this comes down managing shoulder fatigue
- First half of the workout will be more gassy, the 2nd half will challenge your muscle endurance. Be smart about breaking the sets down in the second half of the workout.

**YOU MUST HAVE A SPARE SKIPPING ROPE READY BEFORE STARTING THE WORKOUT (rope failure 400 DUs in without a spare is not a situation you want to find yourself in)**

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## **Game plan**

### **So you think you can finish?**

- Do everything unbroken through the whole workout, no rest in transitions.
- 1-year free subscription to TTP if you and submit video evidence :)

### **You're confident with all the movements**

- Unbroken double unders or break to sets from beginning based on capacity (2 - 50+50 or so, then 2-3 - 40+25+35 for example), choose your rests rather than going till failure.
- You might start with bigger sets on the DU then break them down (more) deeper in to the workout
- Overhead squat unbroken, ideally on both rounds
- Muscle ups in 1 to 3 sets (know yourself), keep the sets submaximal, don't go to failure
- DB snatch unbroken
- Controlled transitions, calm and focussed, breath then go (if UB DUs, can afford few seconds more to focus)
- Managing breathing and shoulder fatigue is key

### **If you struggle with the muscle ups**

- Spend additional time working the skill in the warm ups
- Stay within your capacity (don't get carried away) by sticking to your planned sets
- FOCUS on each rep!
- Relax on the DUs (you need your shoulders fresh)

### **If you struggle with the OHS**

- Spend additional time warming up your positions in the warm up
- Stay within your capacity (don't get carried away) by sticking to your planned sets
- Break to sets as needed, you don't have to go unbroken
- Your shoulders might feel more tired than you think when you get here, that's ok, breath and keep calm

### **If you struggle with the DUs**

- Spend additional time working on the coordination and skill in the warm up. Make sure your wrists, elbows and shoulders are well warmed up.
- Set small targets for yourself
- Stay within your capacity (don't get carried away) by sticking to your planned sets
- Be calm and patient, rather laugh at your missed reps than get upset (that won't help you). Relax and enjoy the struggle.

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## **Double Under**

- *Move at your natural pace, don't rush the double unders (big sets more important than fast sets), consistency is king.*
- *Keep calm, focused and relaxed. Let your breath flow, don't force (and don't hold your breath)*
- *Plan your response (NOT reaction) to missed reps/trips ahead of time*
  - *If you just lost focus or rhythm - take a breath, re-focus and go straight back to your plan*
  - *If you missed due to being too tired - Rest, breath and re-focus before you go again*
  - *Whatever happens, keep calm and carry on*
- *Break your sets as needed to manage shoulder fatigue and breathing.*
- *Find a breakdown that feels mentally good (e.g. 40+25+35, bigger set + small set + final set)*
- *Keep your elbows in, wrists by your side and shoulders relaxed. Think: Bounce with tall posture, head upright, (not "jump"). Let your tendon elasticity carry you.*
- *Wrists, not the elbows or the shoulders, spin the rope*
- *Manage your sets based on heart rate and fatigue from other movements (e.g. if you took more time with the ring MUs, your HR might be down and you can go for a bigger set)*

## **Overhead squat**

- *Choose how you will bring the bar overhead (snatch - risky, power snatch, clean and push jerk/push press - possibility to go from behind the neck if weight heavy for you). Now practise this in your warm up.*
- *Get set and find your balance first, then go, don't rush the setup*
- *The better your overhead position, the less fatigued your shoulders will get (consider narrower (clean) grip if your mobility allows it*
- *Once you're set, move through these with good pace*
- *Make sure to extend at the top and hit the depth*
- *Breath through each rep*

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## [Ring Muscle up / Bar Muscle Up](#)

- *Know your ability and set your expectations and plans accordingly*
- *Break down to submaximal sets*
- *Hit each repetition with full focus and intent, be smart and don't risk sloppy form and fails early on in the workout*
- *Better mechanics (kip) will save your upper body, avoid muscling through the movement*
- *Don't rush, pay attention to form and execution, try to "save" energy for the double unders*
- *Make sure to hit the lockout on the top*
- ***Click on the video links above for more tips***

## **DB snatch**

- *Use the warm up reps to ensure you are very familiar with the new standard for hand transfer (no reps in the announcement show for Bethany)*
- *This is arguably the easiest exercise in the workout, use it as active recovery, move smoothly, and breath deeply. You must move well to do so (hips lead, arms follow, don't muscle the DB up)*
- *These will go fast, enjoy them while they last*
- *Rushing might leave you gassed, save your energy for the more challenging movements of the workout*
- *Consider using the hook grip if your hands are big enough*

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## WORKOUT ANNOUNCEMENT ANALYSIS SUMMARY

**Time breakdown** (Based on the FB live announcement show - some times are approximate due to camera angles or lack of workout clock on screen). **Fast, unbroken double unders were the key to Travis's score.**

Athlete	Neal	Kyle	Travis	Bethany
<b>Totals</b>				
<b>Reps</b>	720	693	<b>801</b>	693
<b>Work Time</b>	12:17	11:56	<b>11:25</b>	12:00
<b>Transition Time</b>	<b>01:43</b>	02:04	02:35	02:00
<b>Round 1 Split Times</b>				
<b>Double unders 1</b>	00:51	<b>00:50</b>	00:55	00:53
<b>Overhead squats</b>	01:25	<b>01:22</b>	01:32	01:32
<b>Double unders 2</b>	<b>02:22</b>	02:27	02:37	02:36
<b>Ring muscle ups</b>	<b>03:19</b>	03:23	03:25	03:51
<b>Double unders 3</b>	04:37	<b>04:33</b>	04:36	05:01
<b>DB snatches</b>	<b>05:26</b>	<b>05:26</b>	05:35	06:15
<b>Double unders 4</b>	06:49	06:49	<b>06:43</b>	07:18
<b>Bar muscle up</b>	07:47	08:00	<b>07:42</b>	08:31
<b>Round 2 Split Times</b>				
<b>Double unders 5</b>	09:28	09:37	<b>08:55</b>	10:04
<b>Overhead squats 2</b>	10:15	10:52	<b>09:55</b>	11:04
<b>Double unders 6</b>	12:12	12:50	<b>11:08</b>	12:33
<b>Ring muscle ups 2</b>	13:41	Partial	<b>12:33</b>	Partial
<b>Double unders 7</b>	Partial		<b>13:48</b>	
<b>DB snatches 2</b>			<b>Partial</b>	