

THE TRAINING PLAN

QUICK TIPS for 18.4

Expected top scores (18.4):

Men / Women: < 6:45

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

Men: < 9:00

Women: Get deep in the last round on 2nd part

Equipment/Setup:

- Wear normal flat, light shoes (make sure they slide well against a wall for HSPU)
- Wear a light belt if comfortable with it (if used to using a thicker belt, have it ready for heavier DL)
- Use two (2) barbells for this one
- Setup so that you have enough space to kick up to HSW without worrying about your environment
- Do HSPU against a surface that slides well
- Consider that an ab-mat will compress under your weight adding range of motion to the movement (= a firm gymnastics mat is better and you don't need to mess with the plate height)
- **NOTE** You must measure 25' + 25' (as per rules), not longer for HSW
- **NOTE** [the new standard for the HSPU measurement](#)

Key Points

- You must go at your own pace and ignore others around you
- Shorter sets with fast cycle time on DL, rather than a long grind
- HSPU set breakdown will depend on your ability (unbroken = ok)
- While this will get gassy, the main limiter is going to be local muscle fatigue in shoulders and/or posterior chain (lower back pump specifically)
- You can make up time in transitions, get the first set in, then rest when needed
- If you are a higher level athlete, optimise your plan for DLs in 2nd part
 - **“Diane is a lie. It feels easy so pace it.” - Mitch Sinnamon**

Summary

- If you are confident with the movements and your strength, much of this comes down to managing your sets overall and consistency on the HSPU standards (avoid no-reps)
- If you are limited by the HSPU or DL weight, go with small sets from the beginning

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Game plan

So you think you can finish?

- *Be smart on the Diane (“Diane is a lie.”), break DL to sets from the beginning, unbroken HSPU is fine*
- *Fast cycle speed on the deadlift, no mistakes (no-reps) on the HSPU (kip)*
 - *Fast deadlifts with short rests, no grinding reps*
 - *21: 3 or 4 sets, examples: 6-5-5-5 or 7-7-7 or 9-7-5*
 - *15: 2 or 3 sets, examples; 5-5-5 or 8-7*
 - *9: 1 or 2 sets, examples: 5+4 or UB*
 - *Smart sets on HSPU, short rests if breaking, stay away from failure*
 - *21: 1 to 3 sets, examples: 6-5-5-5 or 7-7-7 or 9-7-5 or UB*
 - *15: 1 to 3 sets, examples: 6-5-4 or 5-5-5 or 8+7 or UB*
 - *9: 1 or 2 sets, examples: 5+4 or UB*
- *Optimise for DL in 2nd part*
 - *21: 4 to 7 sets, examples: 7 x 3 or 5-5-4-3-2-2 or 5-5-5-4-2 or 6-5-5-5*
 - *15: 3 to 5 sets, examples: 5 x 3 or 4-3-3-3-2 or 5-5-5*
 - *9: 2 to 3 sets, examples: 3 x 3 or 4-3-2 or 5-4*
- *Kick up STRAIGHT AWAY and be precise on the HSW, break to 2 x 25’ on each round*
- *You can make up time in transitions, make sure your setup is optimised for these and be relentless with yourself (get the 1st set in, then rest where needed/as part of your plan)*

You’re confident with all the movements and can do both weights

- *See potential rep schemes above, extend any by an additional 1-2 sets*
- *Consider using a clock for your within movement rests (e.g. 5 to 15 sec rest between sets, rest more deeper in the workout as needed)*
- *Controlled transitions, calm and focused, breath then go, get your first set in*
- *Managing muscle fatigue is key, your set strategy and rests must reflect this*
 - *Do not flirt with muscle failure, keep few reps in the tank (more in the beginning)*
- *Fast singles in the final moments of 2nd part for deadlift if needed (keep moving)*

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If you struggle with the deadlift

- Spend additional time warming up your positions in the warm up but avoid doing too many heavy lifts, save them for the workout
- Setup well for each deadlift (avoid the high hip, lower hips gives you access to more muscles)
- Stay within your capacity (don't get carried away at the beginning) by sticking to your planned sets
- Consider doing at least 2 repetitions (ideally 3) per set to take advantage of muscle elasticity
 - It might be useful to think of deadlift reps (after 1st one) as a "hip to floor to hip" rather than "floor to hip to floor"
- Rest 15+ sec between your sets to recover your ATP-CP system
- See the tips on next page

If you struggle with the HSPU

- Spend additional time working the skill in the [warm up](#) but avoid doing too many full repetitions, save them for the workout
- Stay within your capacity (don't get carried away) by sticking to your planned (short) sets
- FOCUS on each rep, don't rush, make each one count!
- Relax, don't try so hard you get tense or forget to breath
- If you fail a rep, don't panic. Take at least 20 sec rest before you go again.
- See the tips on the next page

If you struggle with the HSW

- Ask yourself "will I get to the HSW, is this something I need to worry about?"
- Spend additional time working the skill in the [warm up](#) but avoid doing too many actual HSW, save them for the workout
- See the tips on the next page

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Deadlift

- Break your sets from the beginning (see examples above)
 - Decide your plan before you start: If you are a stronger athlete, you can afford to do fewer sets but don't get carried away in the 1st part
- If you have to, break the sets more (don't go until failure), stay 2+ reps away from failure if not close to finish or timecap
- Short rest between the sets, use a clock
- Once the reps get grindy/close to failure, you're likely to need 15+ sec rest
- Breathe through the reps, don't brace too hard and hold your breath with the lighter deadlifts
- Save your lower back for the heavier DLs by lower hip setup on lighter DL
 - Stiff legged is faster but flexing the knee in the bottom takes load away from the back and can conserve your back for the later sets
- Break your sets as needed to manage lower back fatigue.
- Whatever happens, keep calm, rest as needed and carry on
- Drop your final rep of each set from the top to avoid eccentric (lowering down)
- Try to do at least two reps per set, as the second rep is typically easier than the first

Handstand push up (HSPU)

- If you have the capacity, go unbroken.
- Avoid failure and therefore rather break the set too early than too late. Aim for 2-3 reps in the tank in the first two sets
 - While breaking the HSPU is time-consuming, it is better to kick down if you start to slow down and grind through the reps
- KIP, save your shoulders, triceps and the small muscles around your shoulder joint. Once they are tired, it will be hard to recover
- Don't rush, respect the standard (avoid no-reps), move deliberately and steady
- [Check the new standard for measuring the wall mark](#)
- **Click on the video links above for more tips**

Handstand walk

- Kick up STRAIGHT AWAY after DLs (you won't feel like kicking up but once you're there, it's not so bad)
- If you can, go unbroken
- Don't go to failure, break down smart if you need to
 - 5' increments allow you to break down the distance how it suits you best.
 - Break before you think you might fail the next 5'.
- **Click on the video links above for more tips**

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WORKOUT ANNOUNCEMENT ANALYSIS SUMMARY

Time breakdown (Based on the announcement show - some times are approximate due to camera angles or lack of workout clock on screen). **The key to Scott's score:**

- **Fast deadlifts, breaking into multiple sets from first round**
- **Steady pace on the HSPUs**
- **Quick kick up and good speed on the handstand walks**
- **There is a discrepancy on our analysis and Scott's time, we will review this for V2 (official 7:12, here 7:17)**

SPLIT TIMES AND TIME / MOVEMENT

Athlete	Scott			BKG		
Totals						
Total Time	07:17			08:05		
Work Time	06:29			06:59		
Transition Time	01:43			02:04		
Round 1 Split Times and Time / Movement						
Reps	Split Time	Deadlift	HSPU	Split Time	Deadlift	HSPU
21 / 21	01:10	00:32	00:35	01:00	00:29	00:28
15 / 15	02:14	00:26	00:31	02:01	00:25	00:26
9 / 9	02:55	00:14	00:21	02:44	00:13	00:17
Round 2 Split Times						
Reps	Split Time	Deadlift	HS Walk	Split Time	Deadlift	HS Walk
21 / 10	04:42	01:16	00:22	05:03	01:25	00:38
15 / 10	06:23	01:02	00:23	06:49	01:02	00:33
9 / 10	07:17	00:23	00:24	08:05	00:32	00:31

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TRANSITION TIME AND MOVEMENT CADENCE

Athlete	Scott			BKG		
Totals						
Total Time	07:17			08:05		
Work Time	06:29			06:59		
Transition Time	01:43			02:04		
Round 1 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HSPU	Transition	Deadlift	HSPU
21 / 21	00:03	1.5	1.7	00:03	1.4	1.3
15 / 15	00:07	1.7	2.1	00:10	1.7	1.7
9 / 9	00:06	1.6	2.3	00:13	1.4	1.9
Round 2 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HS Walk	Transition	Deadlift	HS Walk
21 / 10	00:09	3.6	2.2	00:16	4.0	3.8
15 / 10	00:16	4.1	2.3	00:11	4.1	3.3
9 / 10	00:07	2.6	2.4	00:13	3.6	3.1