

THE TRAINING PLAN

QUICK TIPS for 18.5

Expected top scores (18.5):

Men / Women: 180+ (12+ thruster on set of 24)

Minimum score to aim at for Regional hopefuls (estimate, we will know better by Sunday): **Men / Women:** 145+ (19+ thrusters on set of 21)

Equipment/Setup:

- Wear normal flat, light shoes
- Double clip the barbell (to avoid having to adjust the bar in the middle of the workout)
- Tight setup, barbell close to pull up bar

Key Points

- Do a better warm up than you think you need to, both your engine and your brain **NEED** to be ready for this
- You're (probably) not one of the Dottirs (they went very fast at the start - see details on the last page)
- Start steady, the real game begins later
- Movement efficiency and breathing are your friends
- Focus on your breathing in the beginning so you don't have to worry about it later (but have someone remind you)
- Keep the thrusters unbroken for longer than the chest to bars (rest is less costly here in terms of time and energy)
- Have a plan for both movements: Decide when and how you will break the sets

Mindset

- If you think you don't need to rest, you're fooling yourself. How you manage these rests (= how short you can keep them and when do you rest) is how you manage this workout.
- Use positive self-talk to keep yourself going:
 - > Early in the workout "smooth and relaxed", "I feel strong"
 - > When the suck is about to start "Here we go, show me what you've got"
 - > In the end "Come, let's GO, almost there, pick it up, I got this"

When you get to the hardest part of the workout, dare yourself to smile and remember why you are here.

Checking the announcement show analysis in the end of this document will give you insight into how this will look (whether the change in your pace will happen early or in the later rounds)

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Game plan

So you are planning to get to 21s or 24s

- Stay focused, there is little room for missed reps
- Be smart and steady at the start, the real game begins on the round of 18s
- Movement efficiency and breathing are your friends
- Focus on your breathing in the beginning so you don't have to worry about it later (but have someone remind you)
- You will want to have someone "help" you keep moving (= to yell at you at the right time - later in the workout when you want to rest just a little too much)
- Keep the thrusters unbroken through round of 15s, 2 sets on 18s and 3 sets on 21s is ok, as long as you keep the rests short
- 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 both movements but still a human (15s and 18s)

- Consider using a clock for your within movement rests (e.g. 2 to 5 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)
 - Break chest to bars earlier than thrusters
- As per above, breathing and movement efficiency are your friends
- Fast singles on the chest to bars can work in the end (just keep moving)

If you really struggle with the thruster

- Break to smaller sets early on (from 6s or 9s, 3-3 and 3-3-3 or 5-4)
- See movement tips on the next page

If you struggle with the chest to bar pull ups

- 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!
- Try hard on each rep but don't death grip the pull up bar
- If you fail a rep, don't panic. Take at least 10 sec rest before you go again (increase the rest as needed). Once you're doing singles, you might be surprised by your ability to keep doing them with only a short rest
- See movement tips on the next page

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Thruster

- *Don't break the sets too early, go unbroken in the beginning*
- *Don't break the sets too late, but rather before you have to*
- *Decide the resting position and when to your break sets*
 - *Manage rest by cadence - you can briefly rest on top of the movement to breath if confident and comfortable in overhead position*
 - *Break the set and drop the bar - If you rather drop the bar than resting overhead, make sure you keep your rest short (keep an eye on the clock and have a plan beforehand) and move faster during the set*
 - *Stay 2+ reps away from failure if not close to timecap*
 - *Stay calm if you need to change your plan mid-game, keep on going, but be smart*
- *Good mechanics will help tremendously and limit fatigue*
 - *Stay relaxed and smooth - Excess tension is costly and will fatigue you faster*
 - *Respect the timing - Squat as you receive the bar touching your shoulder, press after you locked out knees and hips. Be aggressive on the drive (last part of the hip extension) to save your arms/triceps.*
- *Breathe through the reps, avoid bracing to the extend you are holding your breath*
 - *Find a place to breath on each rep (do this in the warm up + early rounds so you don't need to manage it later when you are in the deep end)*
- *Remember that the majority of the reps are done in the later rounds, once you run into muscle failure you will be stuck at a movement. Therefore rather break earlier and pace in the early sets. Plan beforehand based on your real capacity and then fight through those last sets/minutes*

Chest to bar pull up (Cues for: [Butterfly](#) / [Regular kip](#))

- *Similar to the thrusters you want to go unbroken in the beginning but break the sets before you have to. Avoid failure early on, only risk it, when close to timecap.*
- *Plan beforehand how many sets you want to do unbroken and how you will break down the later sets.*
 - *Breaking the pull ups is less costly than breaking a set of thrusters*
 - *Consider a different set breakdown, you can break more often, but you should keep the rest short.*
- *You can't really choose a resting position - Drop off the bar and keep an eye on the clock, stick to your plan, jump up again*
- *If you have to change your plan, keep calm and keep going (fast singles can be fast)*
- *Good mechanics will pay off in the pull ups as well. Avoid excessive tension during the whole movement. Focus on proper technique, keep tight where you have to and relaxed as much as often as you can. Excessive tension is expensive and you will get tired faster. Keep your midline tight, but arms, back and hands rather relaxed.*

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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 Annie's score:**

- **Smooth and steady**
- **Unbroken sets in early rounds**
- **Once she took the lead, breaking as needed to stay just ahead**

SPLIT TIMES AND TIME / MOVEMENT

Athlete	Annie			Katrin			Sara		
Totals									
Reps	178			176			171		
Work	05:51			05:56			05:56		
Transition	01:09			01:04			01:04		
Split Times and Time / Movement									
Round	Split Time	Thruster	Pull up	Split Time	Thruster	Pull up	Split Time	Thruster	Pull up
3	00:13	00:05	00:05	00:13	00:05	00:05	00:13	00:05	00:05
6	00:34	00:11	00:07	00:34	00:10	00:07	00:35	00:11	00:08
9	01:06	00:16	00:10	01:05	00:15	00:10	01:06	00:16	00:10
12	01:48	00:23	00:14	01:48	00:23	00:14	01:49	00:22	00:14
15	02:40	00:30	00:16	02:53	00:33	00:19	02:50	00:32	00:23
18	04:15	00:48	00:33	04:31	00:52	00:30	04:31	00:50	00:35
21	06:34	01:10	00:43	06:43	01:08	00:49	06:53	01:18	00:41
24		Partial			Partial			Partial	

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WORKOUT ANNOUNCEMENT ANALYSIS - DETAILS

PERFORMANCE STATISTICS

178 Reps							
Annie	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
Fastest	00:13	00:01	00:05	1.7	00:02	00:05	1.1
Slowest	02:19	00:09	01:10	3.3	00:17	00:43	2.0
Difference	02:06	00:08	01:05	1.7	00:15	00:38	1.0
Total Time	07:00	00:28	03:23		00:41	02:08	
Average	00:56	00:04	00:29	2.2	00:06	00:18	1.4
Work	05:51		03:43			02:08	
Transition	01:09	00:28			00:41		
% Work	84%		53%			30%	
% Transition	16%	7%			10%		

176 Reps							
Katrin	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
Fastest	00:13	00:01	00:05	1.7	00:02	00:05	1.1
Slowest	02:12	00:04	01:08	3.2	00:13	00:49	2.3
Difference	01:59	00:03	01:03	1.6	00:11	00:44	1.2
Total Time	07:00	00:18	03:26		00:46	02:14	
Average	00:58	00:03	00:29	2.2	00:07	00:19	1.5
Work	05:56		03:42			02:14	
Transition	01:04	00:18			00:46		
% Work	85%		53%			32%	
% Transition	15%	4%			11%		

171 Reps							
Sara	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
Fastest	00:13	00:01	00:05	1.7	00:02	00:05	1.1
Slowest	02:22	00:04	01:18	3.7	00:19	00:41	2.0
Difference	02:09	00:03	01:13	2.0	00:17	00:36	0.8
Total Time	07:00	00:17	03:34		00:47	02:16	
Average	00:59	00:02	00:31	2.2	00:07	00:19	1.5
Work	05:56		03:40			02:16	
Transition	01:04	00:17			00:47		
% Work	85%		52%			32%	
% Transition	15%	4%			11%		

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PERFORMANCE DETAILS BY ROUND

Annie	Split Time	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
1	00:13	00:13		00:05	1.7	00:03	00:05	1.7
2	00:34	00:21	00:01	00:11	1.8	00:02	00:07	1.2
3	01:06	00:32	00:03	00:16	1.8	00:03	00:10	1.1
4	01:48	00:42	00:02	00:23	1.9	00:03	00:14	1.2
5	02:40	00:52	00:02	00:30	2.0	00:04	00:16	1.1
6	04:15	01:35	00:05	00:48	2.7	00:09	00:33	1.8
7	06:34	02:19	00:09	01:10	3.3	00:17	00:43	2.0
8			00:06					

Katrin	Split Time	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
1	00:13	00:13		00:05	1.7	00:03	00:05	1.7
2	00:34	00:21	00:02	00:10	1.7	00:02	00:07	1.2
3	01:05	00:31	00:03	00:15	1.7	00:03	00:10	1.1
4	01:48	00:43	00:02	00:23	1.9	00:04	00:14	1.2
5	02:53	01:05	00:03	00:33	2.2	00:10	00:19	1.3
6	04:31	01:38	00:03	00:52	2.9	00:13	00:30	1.7
7	06:43	02:12	00:04	01:08	3.2	00:11	00:49	2.3
8			00:01					

Sara	Split Time	Total	Transition to Thruster	Thruster Total	Seconds / Thruster	Transition to Pull up	Pull up Total	Seconds / Pull up
1	00:13	00:13		00:05	1.7	00:03	00:05	1.7
2	00:35	00:22	00:01	00:11	1.8	00:02	00:08	1.3
3	01:06	00:31	00:02	00:16	1.8	00:03	00:10	1.1
4	01:49	00:43	00:03	00:22	1.8	00:04	00:14	1.2
5	02:50	01:01	00:03	00:32	2.1	00:03	00:23	1.5
6	04:31	01:41	00:03	00:50	2.8	00:13	00:35	1.9
7	06:53	02:22	00:04	01:18	3.7	00:19	00:41	2.0
8			00:01					