

THE TRAINING PLAN

Your warm up for 18.2

Part #1 (15-minutes) - Breathe well, elevate heart rate and get sweaty (General warm up).

Part #2 (15 to 22-minutes) - Workout specific dynamic mobility, breathing and movement prep. Most of this time should be spent warming up your clean and building to starting weight.

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 45-minutes.

Our priority with 18.2 is to prep the system for the high work rate on the couplet and to prime your movement patterns for the clean. We will start with breathing + aerobic warm up followed by movement prep, building up the load on the clean and a little ramp up to make sure you're ready to hit first part.

For couplet movement prep focus on the quality of your positions, rhythm and breathing (these are the foundation for consistency of movement). Take the extra time if needed to be comfortable with the DB position on squats and the burpee standard. Make sure you are breathing well. On the cleans, focus on technical consistency and power, don't go so heavy that you're grinding up from the hole. You're not trying to PR here, just warming up.

Finally we practise the setup, transitions and pacing to make sure everything is ready. Have your judge be part of your warm up here to check all the standards.

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). Your priorities are the initial aerobic warm up, optimising transitions on the couplet and prepping the clean.

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

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

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Part #1 (General Warm up / Prep the system) - 15-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.

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.

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Part #2 (Focus on the quality of your positions, breathing and movement) - 15 to 25-minutes

1. **Dynamic mobility** (*front rack position, squat - hips and ankles primarily, wrists*)
2. Follow along with our [#18.2 Warm up flow](#)
3. **DB squat**
 - a. 1 - 2 x [27 Squats](#)
 - b. *Position specific breathing (5 big breaths at the bottom of the squat), make sure your breathing feels free and relaxed*
 - c. *Practise cleaning the DBs up (each squat set must start from full extension) and find an effective DB position on the shoulders.*
 - d. *Practise few reps of the squat with DBs*
4. **Burpee over the bar**
 - a. *Push up - 5 to 10 reps*
 - b. *Practise the [new standard for the burpee](#)*
 - c. *Experiment with different styles of burpee (see announcement show Vellner vs. Olsen)*
 - i. *Find a fast style (e.g. Vellner) that you feel is also sustainable in the workout, then refine it.*
5. **Clean**
 - a. *Repeat the following (or your typical clean warm up complex) 1 - 2x with increasing load (groove in good movement), break to sets as needed*
 - i. *3 x clean grip romanian DL*
 - ii. *3 x hang clean high pull*
 - iii. *3 x hang muscle clean*
 - iv. *3 x tempo front squat @ 20X1 (2 seconds down, no pause, explode/bounce up, 1 sec pause at top)*
 - v. *3 x hang power clean to FS (hold PCIn receiving position each time, receive each rep little deeper)*
 - vi. *3 x clean pull under*
 - vii. *3 x hang (squat) clean*
 - viii. *3 x clean*
 - b. *Build up to your starting weight for 16.2a or slightly above*
 - i. *Emphasise timing, rhythm and explosiveness of the movement*
 - ii. *Don't hesitate to spend more time with lighter weights to find a good groove BUT avoid doing too many repetitions on the heavier loads (prepare, don't fatigue).*

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Part #3 (Find, feel and practise the flow and pacing of the workout) - 5 to 8-minutes

FIND FEEL AND PACING, FINALISE GAME PLAN

1. *Do the first 3 rounds of the workout (1-1, 2-2, 3-3) to get a feel for the transitions and to optimise your setup*

Get used to moving FAST in the transitions.

Pay attention to where the DBs end up when you bring them down (don't just drop and let them go all over the place)

Make sure your burpees are as fast as you can handle, easy to lose time here

2. *Assault bike / row (optional) - 3 x 20 sec on : 40 sec off, moderately hard effort, ramp up intensity on each one (this should not be so hard that it fatigues you but hard enough to get your HR up and blood flowing)*

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.***

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