

THE TRAINING PLAN

Your warm up for 18.3

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

Part #2 (15 to 20-minutes) - Workout specific dynamic mobility, breathing and movement prep.

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 40-minutes.

Our priority with 18.3 is to prep your aerobic system, get your calves ready and to prime the other movement patterns. We will start with the usual breathing + aerobic warm up followed by movement prep before finding a good feel and pacing.

Key to your movement prep will be getting your calves, wrists and shoulders ready as well making sure your coordination is good on the double unders. Next we use the DB snatch as a transition to finding positions and building the load up on the OHS. For the muscle ups, it will pay off to do some skill prep to groove in efficient mechanics that you can then maintain under fatigue or if you're aiming for your first muscle up in this workout.

Finally, we play with the pacing/transitions and find a good groove on the DUs. Have your judge be part 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, prepping your calves and finding a good groove on DUs and MUs.

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

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

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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, 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 20-minutes

1. **Dynamic mobility (Shoulders, hips, wrists, ankles as priority)**
 - a. *Work through our [Ankle Flow](#) (ideally before showing up at the gym separate to the actual warm up)*
2. **Follow along with our [#18.3 Warm up flow](#)**
3. **Double unders**
 - a. *Calf raise - 10 reps standing on a 10kg/25lbs plate (for increased ROM) with controlled eccentric*
 - b. *Ankle, wrist and elbow circles - 5 reps/side/direction, work the full range of motion*
 - c. *Single unders - 20 to 30 reps, keep shoulders relaxed and focus on breathing*
 - d. *Double unders - 20 to 30 reps, stay relaxed, find a good groove and breath*
 - e. *If DUs not feeling coordinated today*
 - i. *Perform star chart coordination exercise ([watch this video for how to instructions](#) on the chart). [You can download the chart here.](#)*
 - ii. *Do a set of 5 to 10 double unders*
 - iii. *Perform star chart exercise tapping on the legs*
 - iv. *Re-test your double unders*
 - v. *Perform star chart exercise spinning wrists as in double unders*
 - vi. *Re-test your double unders*
4. **DB snatch**
 - a. *DB deadlift - 3 reps / side, alternating*
 - b. *DB strict press - 3-5 reps / side, pause for 2 sec overhead on each rep*
 - c. *DB push press - 3-5 reps / side, pause for 2 sec overhead on first rep*
 - d. *DB snatch - 4 - 6 reps, alternating, focus on timing on way up (hips lead, arms follow)*
5. **Overhead squat**
 - a. [27 Squats](#)
 - b. *Empty barbell*
 - i. *Behind the neck push press - 3 reps, pause for 2 sec overhead on each rep*
 - ii. *Overhead squat - 5 reps, pause for 2 sec at bottom*
 - iii. *Overhead squat - 5 reps*
 - c. *Decide how you will bring the bar overhead (snatch, power snatch or clean & jerk/push press). ALWAYS bring the bar up this same way as you build up to the workout weight*

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6. Bar muscle up

- a. 1 to 2 rounds of
 - i. Hollow hold - 10 seconds
 - ii. Arch hold - 10 seconds
 - iii. [Tension swings](#) - 3 to 5 reps
 - iv. [Hybrid transitions](#) - 3 to 5 reps
 - v. [Pendulum swing](#) - 3 to 5 reps
 - vi. Bar muscle up - 1 to 3 reps

7. Ring muscle up

- a. 1 to 2 rounds of
 - i. [Kipping ring row](#) - 5 to 8 reps
 - ii. [Single leg kipping transition](#) - 3 to 5 reps
 - iii. [Ring MU timer drill](#) - 1 to 3 reps as singles

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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. *At steady pace*
 - 10 Double unders
 - 5 Overhead squat
 - 10 Double unders
 - 1-3 Ring muscle up
 - 10 Double unders
 - 6 DB snatch, alternating
 - 10 Double unders
 - 1-3 Bar muscle up

*Get a feel for the transitions and optimise your setup
Stay smooth and relaxed on the DUs, breathe*

2. *Take extra time to find a rhythm in DUs as needed but don't overdo the volume*
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. Visualise your plan in action, focus on smooth and effortless DUs.***
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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