

# THE TRAINING PLAN

## Your warm up for 18.4

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

**Part #2 (15 to 25-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 18.4 is to establish great range of motion, get your posterior chain ready for deadlifts and set you up for success on the HSPU (as well eventual HSW) . We will start with the usual breathing + aerobic warm up followed by movement prep before finding a good feel and pacing.

Your movement prep starts by getting the shoulders and posterior chain warm before doing movement specific work. Then it's time to find the positions and groove on the HSPU, build the load up on DL and finish with HSW work. Make sure to find your rhythm on the HSPU [with the new standard](#) (which seems slightly harder than before).

Finally, we play with the pacing and transitions as you finalise your plan. 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 getting your posterior chain and shoulders warm, establishing good range of motion and doing the movement specific prep.**

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

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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 and assault bike 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. **Spending time on the rower allows you to already specifically warm up the tissues for the deadlift.**

**Stage 1.** 3 + 3 minutes (row + AB), nose breathing only

**Stage 2.** 2 + 2 minutes (row + AB), nose breathing only for as long as possible

**Stage 3.** 1 + 1 minute (row + AB), 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 (ONLY DO AS MUCH AS YOU NEED TO. For example, If you are the king or queen of HSW then you can do less there.)**

1. **Dynamic mobility (*Shoulders, hips, lower back and wrists as priority*)**
2. **Follow along with our #18.4 Warm up flow ([HERE](#))**
3. **Posterior chain blood flow**
  - a. [27 Good mornings](#)
  - b. [Banded Hip hinge](#) - 10 reps
  - c. "Monster walk" w/ band around feet or just above knee - 8 reps each direction
  - d. GHD hip extension (if available) - 10 controlled reps

**You can mix (rotate between) the different movement specific warm ups from here on for time efficiency as needed.**

4. **Handstand push up (HSPU)**
  - a. *Movement prep (choose how much to do based on your ability. Your aim is to get ready but not tired)*
    - i. *Front support hold/top of push up (keep hollow, hips tilted under) - 10 to 20 sec*
    - ii. *Half dish/hollow hold 1 (feet on ground, shoulders up) - 10 to 20 sec*
    - iii. *Half dish/hollow hold 2 (back flat, shoulders down and feet up) - 10 to 20 sec*
    - iv. *Front support (w/ feet on box/plates) push to pike handstand (push through shoulders) - 3 to 8 reps*
    - v. *Push-ups (elbows back, chest in, posterior hip tilt) - 3 to 8 reps*
    - vi. *Floor standing pike (or straddle) handstand pushups - 3 to 5 reps*
    - vii. *Tripod headstand (with bent knees) - 5 to 15 sec*
    - viii. *Tripod handstand with extension (i.e tripod headstand, bend knees then straighten) - 1 to 5 reps*
    - ix. *Handstand hold (push tall and open shoulders) - 5 to 15 sec*
  - b. [Measure your height for HSPU \(according to official rules\) and mark the wall](#)
  - c. *Kick up to wall, adjust setup until you find the optimal reach (to line) and mark hand positions. Hold handstand for 10 seconds and breath (to check your position, if overextended, breathing difficult)*
  - d. *Practise HSPUs from this setup, adjust hand markings as needed, add head marking on the ground so you can execute every rep the same in the workout*
  - e. *Practise "perfect" repetitions in 3 to 5 sets of 2 to 4 (have your judge there to check standards so you can make adjustments to form as needed)*

The Training Plan - CFG Open Manuals - 18.4 - Warm up

Visit <https://thetrainingplan.co> for more videos and tips to help you be successful in the Open and beyond

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## 5. Deadlift

- a. *Deadlift w/ controlled tempo @ empty barbell - 5 to 10 reps (focus on bar path and positions)*
- b. *Build up to “Diane” weight (225/155lbs) in sets of 3 to 5*
  - i. *First rep in each set, pause just below the knee (1 to 2 sec) to establish a good position, then remaining reps touch and go*
  - ii. *Set example: 5 @ 135/95lbs, 5 @ 185/125lbs, 3 @ 225/155lbs*
- c. *Build up to heavier DL weight (315/205lbs) in sets of 1 to 3*
  - i. *Set example: 2 x 2-3 @ 265/185lbs, 1-3 @ 315/205lbs*
- d. *(optional) Do a single or double at heavier weight (e.g. 355/245lbs) to prime the nervous system*
- e. ***All examples depend on your 1RM and should be adjusted as needed. Avoid doing too many total heavy reps in here but do enough that you feel ready. Choose how much to do overall based on your ability.***

## 6. Handstand walk (HSW)

- a. *Standing 45 degree wall lean with single arm hip (or shoulder) taps* - 10 to 30 sec
  - i. *(Make sure to have good posterior pelvic hip tilt, to switch the core on and push away from the wall)*
- b. *Front support wall walks* - 10 to 30 sec
  - i. *(Maintain good hip tilt, chest hollow, push away from the wall as you transition/walk up and down).*
- c. *Kick to handstand + shoulder shrug/tap/transition* - 10 to 30 sec
  - i. *against the wall (with something between your feet to squeeze)*
  - ii. *do either shoulder shrugs and shoulder taps or just small transitions once in position*
- d. *Kick to handstand + shoulder shrug/tap/transition facing away from the wall* - 10 to 30 sec
  - i. *Do this with your back the wall and hands slightly out so you have a natural lean and replicating the handstand walk*
- e. *Practice a few starts (3 x starts (max 2-5m) to make sure you are comfortable with hands behind the line standard and focus on building momentum early and pushing tall*

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

### FIND FEEL AND PACING, FINALISE GAME PLAN

1. *Once through (1x)*

*3+1-2 Deadlifts @ 225/155lbs (= 3 reps, drop, 1-2 reps)*

*3+1-2 HSPUs (= 3 reps, come down, 1-2 reps)*

*REST 15-30 seconds*

*2+1 Deadlifts @ 225/155lbs*

*2+1 HSPUs*

*REST 15-30 seconds*

*1 Deadlift @ 315/205lbs (or 225/155lbs if using a single barbell)*

*Short HSW*

*Get a feel for the transitions and optimise your setup*

*Consider how you will break the sets*

2. *(optional) Spend more time on the rower/assault bike as needed to make sure your heart rate is elevated and your body is warm before you start*
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, your set breakdown for each round of each movement and transitions. Visualise your plan in action, focus on strong deadlifts and smooth HSPUs.***
4. *If you are happy with your approach and feel sufficiently warmed up, rest 2 - 4 minutes then **CRUSH** the workout.*