

# THE TRAINING PLAN

## Your warm up for 18.5

**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 18.5 is to get your engine going, establish good squat and overhead positions and find a smooth flow for both the thruster and the chest to bar pull up.

We will start with the usual breathing and engine warm up. Next up is some dynamic mobility for the shoulders, hips and wrists, followed by our 18.5 movement flow. From there, you will establish good positions and breathing on the thrusters. The final piece of the movement prep is to drill in the mechanics on the chest to bar. The emphasis here is on keeping tight and extending the legs to the back as you come down from the top of the bar - this will help you maintain a good rhythm.

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 engine running, establishing good range of motion (squat and overhead) 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.

**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 20-minutes (ONLY DO AS MUCH AS YOU NEED TO. For example, If you are the king or queen of C2B then you can do less there.)**

1. **Dynamic mobility (*Shoulders, hips and wrists as priority*)**
2. **Follow along with our #18.5 Warm up flow ([HERE](#))**
3. **Thruster**
  - a. [27 squats](#)
  - b. 3 Rounds with increasing load (start with empty barbell), rest as needed between the rounds
    - i. Strict press (1st round only) - 3 to 5 reps
      - pause overhead for 3 big breaths (think of expanding rib cage to all directions)
    - ii. Front squat (1st + 2nd round only) - 3 to 5 reps
      - pause at bottom for 3 big breaths like on strict press
    - iii. Push press (1st + 2nd round only) - 3 to 5 reps
    - iv. Thruster - 3 to 5 reps, focus on timing on way up (hips lead, arms follow), breathe
    - v. Thruster - 3 to 5 reps, focus on timing on way down (arms lead, squat follows), breathe
4. **Chest bar pull ups (warm up drills video - [HERE](#))**
  - a. 3 to 5 sets of:
    - i. Hollow hold - 5 sec
    - ii. Roll over + arch hold - 5 sec
    - iii. Roll over back to hollow (hold something between your feet to maintain body tension)
  - b. Bottom half back arch lifts (8-10 pulses) and hold (8-10 sec).
    - i. You can place a 5kg plate on back of your legs to make tougher and make sure no bend in legs
  - c. Top half arch pulses (10 reps) and hold for 10 sec
  - d. Standing hip extension drills (maintaining straight leg, tight glutes, open chest)
  - e. Hang from the bar and take 5 big breaths to expand your whole ribcage
  - f. Swings on the bar w/ body tension - 5 to 8 reps
  - g. Pull up - 3 to 6 reps
  - h. Review any of the drills for butterfly pull-ups (video coming)
  - i. Chest to bar pull up - 3 to 6 reps

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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. *3 Rounds, steady pace*  
*3 to 5 Thruster @ 100/65lbs*  
*3 to 5 Chest to bar pull up*

*Get a feel for the transitions and optimise your setup*  
*Consider when and how you will break your sets*

2. *(optional) Finish with 2 x 10 sec sprint on the assault bike (or rower) with about a minute in-between the sprints to fine tune the engine before you go.*
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 fast thrusters and smooth chest to bar pull ups.***
4. *If you are happy with your approach and feel sufficiently warmed up, rest 2 - 4 minutes then **CRUSH the workout.***