

THE TRAINING PLAN

DIY (DO IT YOURSELF) WARM UP

If you are doing the workout before you get your hands on our custom made warm up (coming out on Friday mornings UK time), you can use the following template to build your own warm up.

Your warm up should have three (3) parts:

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

Part #2 - Workout specific dynamic mobility, breathing and movement prep.

Part #3 - Workout specific energy system prep, find the right feel and pacing. Finalise game plan and get mentally ready.

Your priority is to make sure that you are 1) hot and sweaty, 2) feel like your breathing has opened up, 3) have established sufficient range of motion for each movement, 4) have grooved in the movement patterns into your nervous system and 5) feel mentally ready to perform.

You'll start with a general warm up, establishing good breathing patterns then getting hot and sweaty. You'll then move onto movement prep by first establishing good range of motion and breathing patterns then prepping the workout movements themselves. In the final part you'll do workout specific energy system work (e.g. EMOMs or work through mini-rounds) and find the feel and pacing that is appropriate for you.

Make sure to refine your game plan during the warm up, review it once more in the end and check that your judge and camera (wo)man are clear on their roles and ready to go.

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)

BREATH WORK

Get your diaphragm working: Take 2 - 5 minutes to lie down on your back with feet elevated against the wall at 90 degrees, place your hands on your lower rib cage. Breathe into your back (use floor as feedback), sides and hands. Let the breath spread from there to your upper chest to fully fill your lungs on each inhale (take progressively bigger breaths). Use this time to get focused.

- 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 bike, ski erg, rower, and/or running, changing once at each stage (e.g. 3 minutes on Assault bike, followed by 3 minutes on a rower 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, nose breathing only

Stage 2. 2 + 2 minutes, nose breathing only

Stage 3. 1 + 1 minute, nose breathing only for as long as possible

Make sure you are hot and sweaty at the end, if not, add another few minutes at moderate pace.

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Part #2 (Focus on the quality of your positions, breathing and movement)

1. **Joint specific mobility** - Joint rotations and other dynamic movements to test and improve your available range in key joints (think: shoulders, hips, ankles for example). Start slow and make the movement more dynamic as you go.
2. **Movement Flow** - [Choose your favourite movement flow\(s\) from our library](#) to integrate your warmed up range of motion into complete movement patterns.
3. **Movement specific work** - This includes movement specific drills (such as our typical snatch/clean and jerk warm ups or gymnastics skill drills) and building up the load in weightlifting movements. Focus on quality of movement, posture and breathing. Do this for each movement in the workout.

Note. If the workout contains heavy weights (such as snatches in 17.3 or cleans in 16.3), don't build the weights up heavier than around 80%1RM (keep them explosive, not grindy) or close to your opening weight (for workouts like 18.2b).

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

The following two (2) drills are similar and might blend together into one. Make sure **not to overdo** this part. This is where you learn and refine, not yet the workout itself.

SPECIFIC ENERGY SYSTEMS WARM UP

Look at the workout duration and think how intense will the effort be (e.g. 3-minute high blast couplet vs. 20-minute AMRAP). Do short spurts of activity that build towards mimicking the work rate in the actual workout.

Important. Rest sufficiently between efforts and choose lighter loads or similar movements to avoid excessive muscle fatigue. **Especially** on movements that you have “limited daily reps” on (such as muscle ups and HSPUs)

FIND FEEL AND PACING, FINALISE YOUR GAME PLAN

1. An easy “mini” round (or two) of the workout. See how your breathing and movement feels.
2. Repeat the process, pick up the pace just a bit. Practise your transitions and optimise your setup.
3. Visualise how the workout and your movement will flow.
4. ***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, transition and rest (if any).***
5. *Spend more time on the Assault bike (or similar) as needed to make sure your heart rate is elevated and you are sweaty before you start*
6. *If you are happy with your approach and feel sufficiently warmed up, rest 2 - 3 minutes then **CRUSH the workout.***