

THE TRAINING PLAN

Human beings are fallible. We all make silly little mistakes at times, especially when we are nervous and in a hurry. Here's a checklist to help you avoid missing the small things that matter in the Open workouts.

Before you leave for the gym

- Do you know what the workout is and how it's being scored?
- Did you watch the announcement show?
- Did you check and understand the movement standards?
- Did you fuel (eat and hydrate) yourself properly?
- Did you pack all the equipment you will need? (Think: the right shoes, wraps, tape, grips, belt, skipping rope + spare rope etc.)

Filming (EVERYONE should film all of their workouts in the Open)

- Is there enough memory to film the whole workout including the intro?
- Is your phone/camera fully charged?
- Do you have a stable stand for your phone/camera?
- Do you have a 2nd camera set up in case there's a problem with the 1st one?
- Do you have a person monitoring the camera(s) to make sure you stay in the shot and that no one else blocks the view?

Judging

- Do you know your judge AND do they know what they're doing? (Are they the right judge for you?)
- Are you both clear on the movement standards? Did you show them each movement in the warm-up and did they approve?
- Have you agreed how you will communicate during the workout? (e.g. will they count your reps out loud? What happens if there is a "no-rep"?)

Set up

- Did you check and understand the equipment (and measurement) standards for the workout?
- Do you have all the equipment required?
- Have you accounted for possible equipment failure (e.g. multiple skipping ropes)?
- Is your setup as tight as it can be (to minimise transitions) whilst still being safe and meeting the standards?
- Where is the chalk?
- Are you shoelaces tied in a way that they cannot open?

The Training Plan - CFG Open Manuals - Are you ready? (Checklist)

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