

# THE TRAINING PLAN

## Designing your game plan

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

Make an honest assessment of your limiters and opportunities on this workout to formulate the best possible plan for YOU.

### 1. Do a strategy overview

- Assess the workout as a whole
  - How can I make the most out of this/these...?
    - Time domain
    - Rep scheme
    - Movements
  - What are my challenges?
  - What are my opportunities?

### 2. Assess and decide your movement specific strategy

- For each movement, ask yourself
  - Is this an opportunity for me?
  - Will I be limited by...?
    - My movement efficiency/form
    - My range of motion (where?)
    - Muscle endurance (where?)
    - Strength (where?)
  - How will I overcome these obstacles?
  - What is the best way for me to do the movement?**
    - Set breakdowns etc.

### 3. Assess each round as its own opportunity and layout a round-by-round plan

- Write down your plan and/or talk about it with someone else (don't just keep it in your head)

### 4. What are the key points for me to remember?

- Summarise your thoughts from above to a few key things that you can remember and that will carry you through the workout!

The Training Plan - CFG Open Manuals - DIY (Do It Yourself) Game planner

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