

# THE TRAINING PLAN

## FIRST THOUGHTS for 20.1

**The key questions to answer for this workout are:**

- 1) What pace can I keep on the burpees for 10-rounds (100 reps)?
- 2) Can I (realistically) do the 8 GTOH unbroken / when will I need to break them up so to keep my pace on the burpees (and on the bar)?
- 3) How can I keep moving?

Take these into account as you formulate your plan. More than anything, you'll need quick burpees and lots of fitness to back them up for a fast time on this one. You cannot win on the barbell (but you can wreck yourself by rushing it too much). Set yourself up for success with a good warm-up and smart pacing from the start.

**"We all must suffer. The question is: Are you going to suffer productively?"**

### QUICK NOTES

- It is tempting to go too hard at the beginning when feeling good and the adrenaline is high. **This is a trap.** The pace should be fast, steady and most importantly, adjusted to your ability (play your own game).
- Think of this as a hard 3km race. You wouldn't want to sprint the first 400m just to die-off but rather aim for an even pace with a push in the end. This one will suck earlier than you'd like (from round 2 or 3). Expect this suck and show up ready for it.
- Every time you take a rest with the hope of feeling better afterwards, you're making a wish about your future that will not come true. You must keep moving, so choose your pace accordingly.
- Chalking is your pitstop, you can have one, no more than two of these in a race (unless there is a problem).
- While the barbell is relatively light, it is not insignificant (80 reps). Unbroken power snatches are preferred but smaller sets, drop-and-go and power clean + jerk are all free game where needed. The key is to stay efficient here so you can a) keep moving, b) keep your pace on the burpees.
- DO step up the burpees, DO NOT do muscle snatches
- Invest in a [good warm-up](#) (to get your lungs and engine ready) or you'll regret that you didn't

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## SET UP

- Use bumpers with a minimal bounce to avoid excessive movement of the bar when it is dropped from overhead (*faster transitions*)
- Wear sweatbands to prevent moisture from reaching the hands and to mitigate the need for chalking up (*better grip, minimise downtime*)
- Chalk your bar and IF you will use more chalk during the workout, place it close-by for easy access (*better grip, minimise downtime*)

## GAME PLAN

We suggest you read through each level as you reflect on your own plan. Regardless of which way you go, plan on getting comfortable with being (quite) uncomfortable.

Review the Announcement show analysis at the bottom for more insights.

## TOP ATHLETES

Start fast, don't slow down (much). You'll make most of your money on the burpees, you MUST keep your pace here. You should most likely step up to do so. The barbell will be unbroken power snatches (DO NOT fall in the trap of muscle snatch). You cannot win here but you sure can lose, be smart. Your intent is to move smoothly and breathe, don't force a pace that will slow your burpees down. Consider a wider stance for faster cycle time. Bring the bar down in a way that avoids excessive bounce and get straight down to that 1st burpee. Oh and you don't need the extra chalk, keep moving.

## COMPETITORS

Steady pace from the start (don't be a 1st round hero). Burpees are where the money is still at but the barbell will be more significant here. Consider breaking the sets or doing quick singles from the start as this might save you deeper in the workout. Take a breath or two before each barbell set. Switch to power clean + jerk in the later rounds if needed. You're likely to find that just a slightly easier pace on first few rounds will pay-off on the 2nd half as you'll be able to maintain your pace. Do your best on the burpees, the time will disappear if you rest within the sets.

## FOUNDATION

Making smart movement and pacing choices is everything. Ground-to-overhead might be power snatch, power clean+jerk or a combination but start with small sets or singles from the beginning. Focus on finding a good rhythm and moving well with the barbell. Your goal in the burpees is to "just keep moving". Your pace will slow down as you go but you can always do one more burpee.

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## OVERCOMING LIMITERS

### CONDITIONING

This is the most obvious limiter for the workout. Following a good, [extended warm-up](#) is essential to make sure you can get most out of what you have. Typically athletes feel limited by one of these three:

1. Too high a heart-rate → Extend your time in 2nd part of the warm-up, focus on breathing and movement efficiency in the workout, pace properly
2. “Air hunger”/breathing → Extend your time on 1st and 2nd parts of the warm-up, focus on breathing and movement efficiency in the workout, pace properly
3. Overheating → Do the workout in a cool environment, use a fan and consider pre-cooling (“ice slushy”, cold drink, cold towel behind the neck) before you start, pace properly.

### MUSCLE ENDURANCE

It is likely that your conditioning will limit you before muscle endurance but potential areas: triceps, chest, grip (forearms), shoulders and lower back. Again, a good warm-up focused on blood flow (2nd part) and movement efficiency (3rd part) will help.

1. Triceps/Chest → Use more hips on the burpees, don't slow yourself down too much on the way down on the burpees but let yourself drop. Doing power clean+jerk can fatigue triceps more, take that into account.
2. Grip → Opening your hand at the top of the power snatch (if you can do safely) and keeping a more relaxed (hook) grip can help. Breaking the sets or singles. Remember to breath.
3. Lower back → Focus on your hip range of motion in the warm-up. Consider a wider stance and narrower grip on the barbell (snatch) to make the setup more upright.

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## **MOVEMENT SPEED**

Cycle time can be significant in this workout. More importantly, though, you must keep moving (minimise downtime/transitions). For the barbell,

1. GTOH → Unbroken power snatch will be the fastest, singles on power clean+jerk the slowest. Wider stance can reduce cycle time. While a wider grip has a faster turnaround, it both fatigues the shoulders (and wrists) and makes the setup position harder (snatch).

2. Burpees → Step-up is marginally slower than pop-up but so much easier that popping up is not really worth considering. Consistency is more important than max speed here.

## **STRENGTH**

The movement of choice for the barbell is a power snatch, done unbroken, in sets or as singles. If the weight is too heavy for this, then power clean and jerk (or push press) is your other option. One strategy would be to go steady on the barbell, then push fast through the burpees to “gain more time” for the next barbell set.

# THE TRAINING PLAN

## ANNOUNCEMENT SHOW ANALYSIS

*The next two pages have the analysis from both the [Rogue \(Panchik vs Froning\)](#) and [French \(Caron vs Castellani\)](#) announcement shows. The athletes did a great job at setting the times to beat and there is much to be learned here.*

*Looking through these breakdowns (especially the round-by-round details), together with reviewing videos of different announcement show performances will help you tremendously in forming your own plan.*

### **Pay close attention to**

- Time spent on GTOH vs Burpees (very hard to make time on the bar relative to burpees)
    - Transition times (e.g. Froning vs Panchik)
  - Pacing (consistency vs drop-offs, e.g. Froning 9th round burpees, Castellani 3rd vs 4th rounds)
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# THE TRAINING PLAN

## ROGUE (PANCHIK VS. FRONING)

09:22							
Panchik	Total	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:43	00:01	00:17	2.1	00:01	00:25	2.5
Slowest	01:05	00:05	00:21	2.6	00:02	00:38	3.8
Difference	00:22	00:04	00:04	0.5	00:01	00:13	1.3
Total Time	09:22	00:34	03:12		00:12	05:24	
Average	00:56	00:04	00:19	2.4	00:01	00:32	3.2
Work	08:36		03:12			05:24	
Transition	00:46	00:34			00:12		
% Work	92%		34%			58%	
% Transition	8%	6%			2%		
09:51							
Froning	Total	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:43	00:03	00:17	2.1	00:01	00:24	2.4
Slowest	01:18	00:11	00:19	2.4	00:05	00:50	5.0
Difference	00:35	00:08	00:02	0.2	00:04	00:26	2.6
Total Time	09:51	00:56	02:57		00:24	05:34	
Average	00:59	00:06	00:18	2.2	00:02	00:33	3.3
Work	08:31		02:57			05:34	
Transition	01:20	00:56			00:24		
% Work	86%		30%			57%	
% Transition	14%	9%			4%		

Panchik	Split Time	Round Time	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
1	00:43	00:43		00:17	2.1	00:01	00:25	2.5
2	01:34	00:51	00:01	00:19	2.4	00:01	00:30	3.0
3	02:28	00:54	00:03	00:19	2.4	00:01	00:31	3.1
4	03:23	00:55	00:03	00:19	2.4	00:01	00:32	3.2
5	04:20	00:57	00:04	00:19	2.4	00:01	00:33	3.3
6	05:18	00:58	00:04	00:19	2.4	00:01	00:34	3.4
7	06:18	01:00	00:05	00:19	2.4	00:01	00:35	3.5
8	07:23	01:05	00:05	00:20	2.5	00:02	00:38	3.8
9	08:26	01:03	00:04	00:20	2.5	00:02	00:37	3.7
10	09:22	00:56	00:05	00:21	2.6	00:01	00:29	2.9

Froning	Split Time	Round Time	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
1	00:43	00:43		00:17	2.1	00:02	00:24	2.4
2	01:34	00:51	00:03	00:17	2.1	00:01	00:30	3.0
3	02:29	00:55	00:04	00:18	2.2	00:02	00:31	3.1
4	03:23	00:54	00:05	00:18	2.2	00:01	00:30	3.0
5	04:27	01:04	00:06	00:18	2.3	00:03	00:37	3.7
6	05:30	01:03	00:09	00:17	2.1	00:02	00:35	3.5
7	06:30	01:00	00:06	00:17	2.1	00:02	00:35	3.5
8	07:38	01:08	00:11	00:18	2.2	00:02	00:37	3.7
9	08:56	01:18	00:06	00:18	2.2	00:04	00:50	5.0
10	09:51	00:55	00:06	00:19	2.4	00:05	00:25	2.5

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## FRENCH (CARON VS CASTELLANI)

10:02							
Caron	Total	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:47	00:02	00:16	2.0	00:01	00:28	2.8
Slowest	01:13	00:11	00:20	2.5	00:04	00:44	4.4
Difference	00:26	00:09	00:04	0.5	00:03	00:16	1.6
Total Time	10:02	00:44	03:03		00:23	05:52	
Average	01:00	00:05	00:18	2.3	00:02	00:35	3.5
Work	08:55		03:03			05:52	
Transition	01:07	00:44			00:23		
% Work	89%		30%			58%	
% Transition	11%	7%			4%		

  

11:59							
Castellani	Total	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
Fastest	00:49	00:02	00:17	2.1	00:01	00:31	3.1
Slowest	01:27	00:13	00:24	3.0	00:03	00:54	5.4
Difference	00:38	00:11	00:07	0.9	00:02	00:23	2.3
Total Time	11:59	01:01	03:21		00:21	07:16	
Average	01:12	00:07	00:20	2.5	00:02	00:44	4.4
Work	10:37		03:21			07:16	
Transition	01:22	01:01			00:21		
% Work	89%		28%			61%	
% Transition	11%	8%			3%		

Caron	Split Time	Round Time	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
1	00:47	00:47		00:17	2.1	00:01	00:29	2.9
2	01:40	00:53	00:02	00:19	2.4	00:01	00:31	3.1
3	02:37	00:57	00:02	00:20	2.5	00:02	00:33	3.3
4	03:34	00:57	00:03	00:18	2.2	00:02	00:34	3.4
5	04:34	01:00	00:03	00:20	2.5	00:02	00:35	3.5
6	05:37	01:03	00:05	00:20	2.5	00:03	00:35	3.5
7	06:48	01:11	00:07	00:19	2.4	00:04	00:41	4.1
8	08:01	01:13	00:11	00:17	2.1	00:03	00:42	4.2
9	09:14	01:13	00:09	00:17	2.1	00:03	00:44	4.4
10	10:02	00:48	00:02	00:16	2.0	00:02	00:28	2.8

Castellani	Split Time	Round Time	Transition to GTOH	GTOH Total	Seconds / GTOH	Transition to Burpee	Burpee Total	Seconds / Burpee
1	00:49	00:49		00:17	2.1	00:01	00:31	3.1
2	01:47	00:58	00:02	00:19	2.4	00:01	00:36	3.6
3	02:49	01:02	00:03	00:20	2.5	00:02	00:37	3.7
4	03:57	01:08	00:06	00:20	2.5	00:03	00:39	3.9
5	05:22	01:25	00:08	00:22	2.8	00:02	00:53	5.3
6	06:46	01:24	00:08	00:20	2.5	00:02	00:54	5.4
7	08:05	01:19	00:05	00:21	2.6	00:02	00:51	5.1
8	09:32	01:27	00:08	00:24	3.0	00:03	00:52	5.2
9	10:55	01:23	00:08	00:20	2.5	00:03	00:52	5.2
10	11:59	01:04	00:13	00:18	2.3	00:02	00:31	3.1