

# THE TRAINING PLAN

## FIRST THOUGHTS for 20.2

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

- 1) What does a sustainable pace look (time/round) and feel like?
- 2) How do you keep your head in the game for 20-minutes?
- 3) Are there movement limiters you have to overcome?

Take these into account as you formulate your plan. If none of the movements are a limiter (skill or muscle endurance wise), then finding the right pace, supported by how you laid out your equipment will set you up for success. Move at your natural rhythm in each movement, stay consistent and control your transition times to control your pace. [Find a mental space where you feel focused and confident.](#)

### QUICK NOTES

- Significant TTB and (especially) DU volume = repeat on Monday (or **make this your one shot**), consider how your calves feel for repeat.
- Finding a good flow in the workout is important, pay attention to your equipment set up so you can “zone in”.
- Let yourself move at your natural rhythm/cadence (cycle speed) on all movements and control the pace with the transitions.
- Stay honest and focused on those transitions as you get deeper into the workout, keep them tight, don't let them stretch out due to loss of focus.
- Tension = Enemy. Relaxation = Efficiency.
- Apart from conditioning, the grip is a major component. You can maximise both with good warm-up and efficient movement.
- Remind yourself to relax and breath, especially when you are tired and don't want to.
- If needed, rather break the toes to bars early than too late to keep moving consistently, sets of 2 or 3 can be fine if you cannot go unbroken
- DO make sure you have a spare rope ready in case your primary one breaks.
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The Training Plan - CFG Open Manuals - 20.2 - First Thoughts

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

# THE TRAINING PLAN

## SET UP

- Finding a good flow for this workout is important. Take time to find yours to optimise your pacing plan. You can always make small adjustments to your rope position during the workout if you need to space things out or bring them closer in.
- Make sure to find a judge who is confident and competent in counting your DUs.
- **Make sure your rope is of right length and have a spare rope at hand (NEEDS to be easy to access)**
- Tie your shoelaces on double bow/knot, you don't want them to go loose
- If you're using grips, make sure you know exactly how you pick up the rope each round where they don't get in the way. If you're not using gymnastics grips, you should tape the bar to save your grip.
- *Chalking is your pitstop, you don't need too many (if any) of those in this race (unless there is a problem). **Manage your hands with grips and sweatbands.** Make sure the bar is easy to reach for jump up/down for TTB.*

## GAME PLAN

We suggest you read through each level as you reflect on your own plan.

Review the Announcement show analysis on the last pages for more insights.

### **TOP ATHLETES (24+ rounds)**

You'll be moving at around 40 to 42-seconds/round on average or faster. Most of the time will be lost in moving from one station to another so your setup must be well thought out and tight. Your intent is to move smoothly and breathe, everything unbroken, you control the pace in those transitions (adjusting if you must). **Think consistency.** You will **always** just get back to work as there is no time to lose. Account for no chalking in your set up (chalk at the start, grips, sweatbands) and no messing around with gymnastics grips (if you use them).

**Efficiency** is important, especially on the DUs (see tips on following pages). **The key** will be staying relaxed while keeping your transitions tight through the 20-minutes of continuous work. Do not let your focus go, be relentless.

# THE TRAINING PLAN

## **COMPETITORS (15 to 20 rounds)**

Use the pacing chart (next page) to set a target pace for yourself. Aim for a challenging pace that seems doable (You can test it out in your warm-up). At this pace, you'll have 1:00 - 1:20 / round (you could almost think of it as an EMOM).

Just because you could move faster at the start, doesn't mean you should. Stick to a smooth, relaxed rhythm on all movements. You might consider breaking the TTB to 4+2 or 3+3 if needed as it's easy to keep the rests very short between sets here. Other movements should be unbroken.

You might rest a bit before you start on both the DUs and the thrusters. If you happen to trip on the rope, it's no problem, just take a breath and go again. You will most likely start to feel the tension building from your forearms to your shoulders, affecting your movement and your breath. When you notice this happening, shake it off, let your grip, arms and shoulders loose, then continue. Start with a single under before DUs as needed to find your rhythm.

## **FOUNDATION (10 to 15 rounds)**

Take a look at the pacing chart (next page) but don't set too strict a target. Rather, focus on finding a good flow in each movement and transition. At this pace, you have 1:20 - 2:00 / round which leaves enough room to break the movements, miss some DUs and to take a few breaths in the transitions.

Control your pace by first, in transitions, then by breaking down the toes to bars (4+2, 4+4, 3x2 or even quick singles) and finally (if needed) by breaking down the DU then thruster sets. If you're just beginning to get a hang of DUs, starting your sets with singles then moving to DUs when you find your rhythm is fine.



# THE TRAINING PLAN

## OVERCOMING YOUR 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 the 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

Tension is your enemy in this workout. Muscle endurance can definitely become a limiter, especially for forearms (grip), shoulders/arms (mainly DU), calves (DU) and hip flexors/abs (TTB). This might affect your form in later rounds, making the DUs more difficult. Again, a good warm-up focused on blood flow (2nd part) and especially movement efficiency (3rd part) will help.

- 1. Shoulders/arms** → Use your hips, not arms, to drive the DBs overhead. On toes to bar, keep your eyes slightly down to avoid excessive lat use. On DUs, think “shoulders over the toes” for a relaxed shoulder position (don’t pull them back). Excessive elbow bend and use of shoulder/elbow to spin the rope will also lead to early fatigue, relax those arms (and make sure your skipping rope is not too long)
- 2. Grip** → Look for a relaxed but safe grip in each movement. Use of gymnastics grips or taping the bar (if you have tough hands) can help. On DUs, loosen up the last 3 fingers and feel/conduct the rope with the thumb and pointer finger. Avoid over gripping the DBs on thrusters. Remember to breath.
- 3. Hip flexors/abs (TTB)** → Focus on your pike compression range of motion in the warm-up (reduce the effort needed/rep). Use [the warm-up drills](#) and check out the tips on the next page to improve your movement efficiency.

# THE TRAINING PLAN

## MOVEMENT EFFICIENCY

For this workout, it's best to default to your natural movement rhythm/cycle time and use the transitions to control the pace. Moving efficiently in each station is essential for your best performance (direct impact to both conditioning and muscle endurance limiters).

**1. DB Thruster** → These should be unbroken sets ideally. We recommend you “cluster” (squat clean/hammer curl) the 1st rep. Find a stance width that allows for a strong (stable) position on the squat and keep it consistent. Use the hip “pop” to drive the DBs overhead. IF you lose balance, this happens on the way down from overhead, use a well-timed return to keep your balance and rhythm. Breathe.

**2. Toes to bar (VIDEO)** → Jump up from right under the bar, as you catch the bar, feet are in front (ready to move back for swing to 1st rep). Pull down the bar strongly when extending your feet to the bar to help you move quickly and stay in the correct rhythm. When coming back down, extend your legs to the back part of the swing by pushing through your armpits and sticking your head out to help you optimise your swing effort for the next rep.

**3. Double-unders** → Less is more (especially when tired). Loosen up the last 3 fingers and feel/conduct the rope with the thumb and pointer finger. Keep your shoulders loose and over the toes, a small/micro bend in the elbows. Keep the legs relaxed on the bound, a simple triple extension (hip, knee, ankle) jump with long/dangling legs and toes pointing down.

## STRENGTH

More unlikely limiter for this piece. If needed you can break the DB thrusters to sets (but move through, using your hips if you can). If toes to bar is a limiter, review the notes on efficiency (above) as well as the warm-up.

# THE TRAINING PLAN

## ANNOUNCEMENT SHOW ANALYSIS

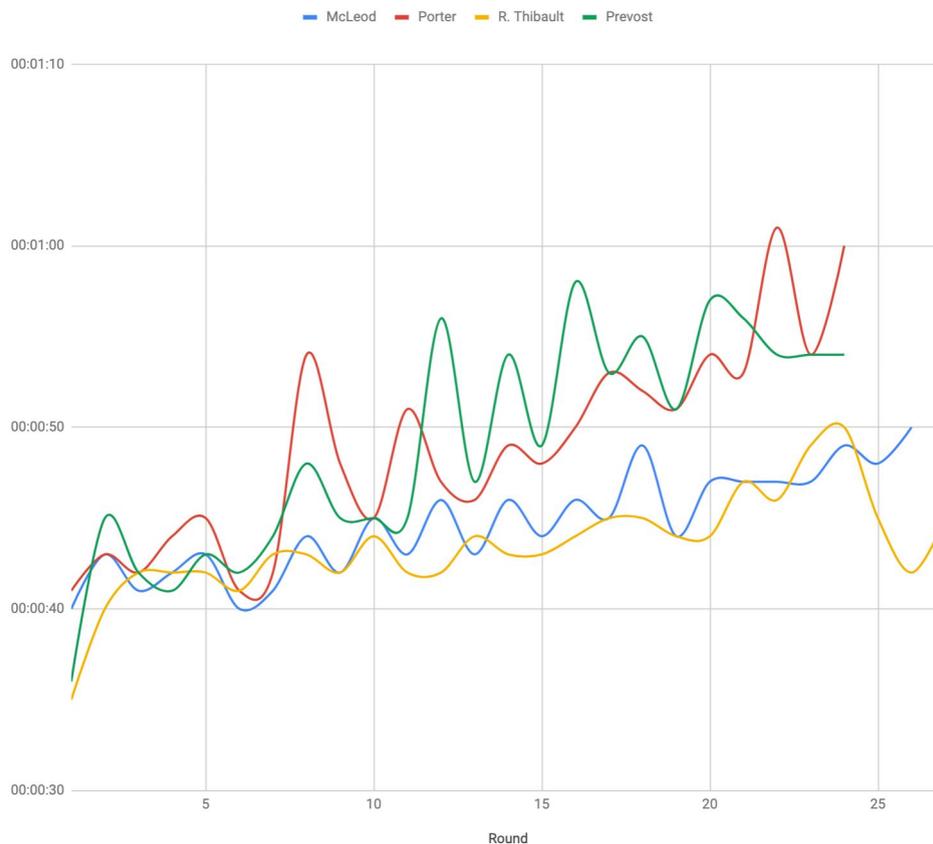
The next two pages show the analysis from both [Australia \(Matt McLeod vs Khan Porter\)](#) and [Canada \(Carol-Ann Reason-Thibault vs Carolyne Prevost\)](#). Due to the nature of the workout, we've opted for a round-by-round, rather than movement-by-movement analysis.

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 and understanding the pacing.

### Pay close attention to

- How they did the 1st rep of DB thrusters from the floor
- Different toes to bar forms (make sure you meet the standards)
  - Picking up and putting down the rope on DUs
- Double under form (eg Reason-Thibault vs Prevost)
  - Transition times (non-optimised setups)
  - Overall pacing and consistency

Pace / Round (variations between athletes)



# THE TRAINING PLAN

## AUSTRALIA (McLeod vs Porter)

*Zoom in to read the charts*

### Averages / Totals

McLeod	896				Porter	823			
	Total	Reps Transition DU >> DB	Movement Total	Seconds / Rep		Total	Reps Transition DU >> DB	Movement Total	Seconds / Rep
<b>Fastest</b>	00:40	00:01	00:38	1.1	<b>Fastest</b>	00:41	00:02	00:39	1.1
<b>Slowest</b>	00:50	00:05	00:46	1.4	<b>Slowest</b>	01:01	00:06	00:55	1.6
<b>Difference</b>	00:10	00:04	00:08	0.2	<b>Difference</b>	00:20	00:04	00:16	0.5
<b>Total Time</b>	20:00	01:35	17:47		<b>Total Time</b>	20:00	01:26	18:11	
<b>Average</b>	00:45	00:04	00:41	1.2	<b>Average</b>	00:49	00:04	00:45	1.3
<b>Work</b>	18:25		18:25		<b>Work</b>	18:34		18:34	
<b>Transition</b>	01:35	01:35			<b>Transition</b>	01:26	01:26		
<b>% Work</b>	92%		92%		<b>% Work</b>	93%		93%	
<b>% Transition</b>	8%	8%			<b>% Transition</b>	7%	7%		

### Round-by-round analysis

McLeod	Split Time	Round Time	Transition DU >> DB	Movement Total	Seconds / Rep	Porter	Split Time	Round Time	Transition DU >> DB	Movement Total	Seconds / Rep
1	00:40	00:40		00:40	1.2	1	00:41	00:41		00:41	1.2
2	01:23	00:43	00:03	00:40	1.2	2	01:24	00:43	00:02	00:41	1.2
3	02:04	00:41	00:03	00:39	1.1	3	02:06	00:42	00:03	00:39	1.1
4	02:46	00:42	00:03	00:39	1.1	4	02:50	00:44	00:04	00:40	1.2
5	03:29	00:43	00:03	00:40	1.2	5	03:35	00:45	00:03	00:42	1.2
6	04:09	00:40	00:01	00:39	1.1	6	04:16	00:41	00:02	00:39	1.1
7	04:50	00:41	00:03	00:38	1.1	7	04:58	00:42	00:03	00:39	1.1
8	05:34	00:44	00:03	00:41	1.2	8	05:52	00:54	00:03	00:51	1.5
9	06:16	00:42	00:03	00:39	1.1	9	06:40	00:48	00:03	00:45	1.3
10	07:01	00:45	00:04	00:41	1.2	10	07:25	00:45	00:03	00:42	1.2
11	07:44	00:43	00:04	00:39	1.1	11	08:16	00:51	00:03	00:48	1.4
12	08:30	00:46	00:03	00:43	1.3	12	09:03	00:47	00:03	00:44	1.3
13	09:13	00:43	00:04	00:39	1.1	13	09:49	00:46	00:03	00:43	1.3
14	09:59	00:46	00:05	00:41	1.2	14	10:38	00:49	00:04	00:45	1.3
15	10:43	00:44	00:04	00:40	1.2	15	11:26	00:48	00:04	00:44	1.3
16	11:29	00:46	00:04	00:42	1.2	16	12:16	00:50	00:04	00:46	1.4
17	12:14	00:45	00:03	00:42	1.2	17	13:09	00:53	00:04	00:49	1.4
18	13:03	00:49	00:05	00:44	1.3	18	14:01	00:52	00:04	00:48	1.4
19	13:47	00:44	00:04	00:40	1.2	19	14:52	00:51	00:04	00:47	1.4
20	14:34	00:47	00:05	00:42	1.2	20	15:46	00:54	00:04	00:50	1.5
21	15:21	00:47	00:05	00:42	1.2	21	16:39	00:53	00:05	00:48	1.4
22	16:08	00:47	00:04	00:43	1.3	22	17:40	01:01	00:06	00:55	1.6
23	16:55	00:47	00:05	00:42	1.2	23	18:34	00:54	00:04	00:50	1.5
24	17:44	00:49	00:05	00:44	1.3	24	19:34	01:00	00:05	00:55	1.6
25	18:32	00:48	00:05	00:43	1.3	25			00:03		
26	19:22	00:50	00:04	00:46	1.4	26					
27						27					

# THE TRAINING PLAN

## CANADA (Reason-Thibault vs Prevost)

*Zoom in to read the charts*

### Averages / Totals

928 Reps					829 Reps				
R-Thibault	Total	Transition DU >> DB	Movement Total	Seconds / Rep	Prevost	Total	Transition DU >> DB	Movement Total	Seconds / Rep
<b>Fastest</b>	00:35	00:02	00:35	1.0	<b>Fastest</b>	00:36	00:03	00:36	1.1
<b>Slowest</b>	00:50	00:05	00:46	1.4	<b>Slowest</b>	00:58	00:08	00:53	1.6
<b>Difference</b>	00:15	00:03	00:11	0.3	<b>Difference</b>	00:22	00:05	00:17	0.5
<b>Total Time</b>	20:00	01:30	18:04		<b>Total Time</b>	20:00	01:51	17:47	
<b>Average</b>	00:43	00:03	00:40	1.2	<b>Average</b>	00:49	00:05	00:44	1.3
<b>Work</b>	18:30		18:30		<b>Work</b>	18:09		18:09	
<b>Transition</b>	01:30	01:30			<b>Transition</b>	01:51	01:51		
<b>% Work</b>	92%		92%		<b>% Work</b>	91%		91%	
<b>% Transition</b>	8%	8%			<b>% Transition</b>	9%	9%		

### Round-by-round analysis

R-Thibault	Split Time	Round Time	Transition DU >> DB	Movement Total	Seconds / Rep	Prevost	Split Time	Round Time	Transition DU >> DB	Movement Total	Seconds / Rep
1	00:35	00:35		00:35	1.0	1	00:36	00:36		00:36	1.1
2	01:15	00:40	00:03	00:37	1.1	2	01:21	00:45	00:03	00:42	1.2
3	01:57	00:42	00:02	00:40	1.2	3	02:03	00:42	00:03	00:39	1.1
4	02:39	00:42	00:03	00:39	1.1	4	02:44	00:41	00:03	00:38	1.1
5	03:21	00:42	00:03	00:39	1.1	5	03:27	00:43	00:04	00:39	1.1
6	04:02	00:41	00:02	00:39	1.1	6	04:09	00:42	00:03	00:39	1.1
7	04:45	00:43	00:03	00:40	1.2	7	04:53	00:44	00:03	00:41	1.2
8	05:28	00:43	00:03	00:40	1.2	8	05:41	00:48	00:03	00:45	1.3
9	06:10	00:42	00:03	00:39	1.1	9	06:26	00:45	00:03	00:42	1.2
10	06:54	00:44	00:03	00:41	1.2	10	07:11	00:45	00:03	00:42	1.2
11	07:36	00:42	00:03	00:39	1.1	11	07:56	00:45	00:03	00:42	1.2
12	08:18	00:42	00:03	00:39	1.1	12	08:52	00:56	00:05	00:51	1.5
13	09:02	00:44	00:03	00:41	1.2	13	09:39	00:47	00:05	00:42	1.2
14	09:45	00:43	00:03	00:40	1.2	14	10:33	00:54	00:07	00:47	1.4
15	10:28	00:43	00:03	00:40	1.2	15	11:22	00:49	00:05	00:44	1.3
16	11:12	00:44	00:03	00:41	1.2	16	12:20	00:58	00:05	00:53	1.6
17	11:57	00:45	00:03	00:42	1.2	17	13:13	00:53	00:05	00:48	1.4
18	12:42	00:45	00:04	00:41	1.2	18	14:08	00:55	00:05	00:50	1.5
19	13:26	00:44	00:03	00:41	1.2	19	14:59	00:51	00:06	00:45	1.3
20	14:10	00:44	00:04	00:40	1.2	20	15:56	00:57	00:08	00:49	1.4
21	14:57	00:47	00:05	00:42	1.2	21	16:52	00:56	00:07	00:49	1.4
22	15:43	00:46	00:05	00:41	1.2	22	17:46	00:54	00:06	00:48	1.4
23	16:32	00:49	00:05	00:44	1.3	23	18:40	00:54	00:06	00:48	1.4
24	17:22	00:50	00:04	00:46	1.4	24	19:34	00:54	00:06	00:48	1.4
25	18:07	00:45	00:05	00:40	1.2	25			00:04		
26	18:49	00:42	00:04	00:38	1.1	26					
27	19:34	00:45	00:05	00:40	1.2	27					
28						28					
29						29					
30						30					