

THE TRAINING PLAN

FIRST THOUGHTS for 20.3

The key questions to answer for this workout are:

- 1) How should I break my deadlift sets (so that I can keep working through the heavier barbell as well)?
- 2) Can and should I do the HSPU unbroken? If not how will I split them up?
- 3) Does my plan for 21 - 15 - 9 ("Diane") support my success in the 2nd part of the workout?

Take these into account as you formulate your plan. Ability to meet the standards on the HSPU and smart set breakdown will get you through the 1st part. The 2nd part will be dependent on your strength, muscle endurance and movement efficiency. Make sure to get there in good form as this is where the workout really happens (for those who aim to finish). [Find a mental space where you feel focused and confident.](#)

"Diane is a lie. It feels easy, so pace it." - Mitch Sinnamon (2018)

QUICK NOTES

- If you are confident with the movements and strong enough, much of this comes down to managing your sets on each movement and consistency on the HSPU standards (avoid no-reps)
- If you are limited by the HSPU or DL weight, go with small sets from the beginning
- Make sure to practice the HSPU standard with your judge during the WU to make sure there are no issues. Your cycle speed might need to change, practice feet together at the top and toes pulled down as needed.
- Most (99.99%) people should plan to break the DL up early. While the cycle speed is fast, limiting the time under tension will make a difference when you get to the heavier weights
- Be ready for small, fast sets on the heavier deadlift. Anyone who did this in 2018 will remember the bar feels heavier than you'd think at this point
- Don't waste time messing with the equipment. If you're going to wear a belt, keep it on from the start, simply tightening/loosening it as needed in transitions.
- Recognize that this is not two separate scores, so pacing properly on the first 21-15-9 will give you the best opportunity to finish strong.

The Training Plan - CFG Open Manuals - 20.3 - First Thoughts

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

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SET UP

- **NOTE** You must measure 25' + 25' (as per rules), not longer for HSW
- **NOTE** [the standard for the HSPU measurement](#)
- Use a wall for HSPU that slides well
- Consider that an ab-mat will compress under your weight adding range of motion to the movement (= a firm gymnastics mat is better and you don't need to mess with the plate height)
- Set up two bars for the deadlift if at all possible (otherwise have people ready to change the weight for you)
- Set up so that you have enough space to kick up to HSW without worrying about your environment or equipment

GAME PLAN

We suggest you read through each level as you reflect on your own plan. **The most important thing to remember is that a fast time on 21-15-9 only matters if you can keep moving through the 2nd half of the workout.** DO NOT fall into the trap of rushing through "Diane", only to fail in the workout. **Pacing (smart sets) is key.**

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

TOP ATHLETES (< 7:30, best scores around 6:00)

Be smart from the start. It's tempting to push through unbroken deadlifts but a short break costs you almost nothing and being off-tension even for a second makes a big difference. A good starting point would be 2-3 sets (12+9/15+6 or 8+7+6/7+7+7), 1-2 sets (15 or 9+6/8+7), finishing with an unbroken set.

For HSPU, keeping the standard will be essential (make sure this is cleared in the WU with your judge). If you're confident, you could start with strict, moving to kipping ([see Holte](#)) or start with kipping and go unbroken. Remember though that you can get a fast time even when breaking the sets with short breaks. Most importantly, stay away from failure on any set as the standard gets very difficult from that point on.

Be ready for the 2nd barbell to feel heavy. Smaller sets with short breaks works well here. The key is to keep moving. You must kick up to your HSW as soon as possible, waiting for recovery here is a vortex where time will just disappear.

Make sure to keep your standards clean

- Full lockout on the DL
- Heels over the line on HSPU
- Both hands clearly over the line before coming down on the handstand walk

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COMPETITORS (Finish the workout or deep into 2nd half)

Very much the same plan as above but consider breaking the 1st part up more while keeping the rests short. For longer rests, pay attention to the timer and set yourself clear targets (eg. 5 or 10-seconds). Stretch the rests out on the HSPU as needed or default to doing small sets (eg 3s, 2s or even 1s) from the start to keep chipping away.

The two traps to avoid are

- 1) Going too hard on DL (maybe to “save” time for HSPU)
- 2) Going to failure on the HSPU (doing too big a set/sets at the start).

Keep the big picture in mind when you plan your strategy (and remember to stick with it when you start).

The 1st rep on the deadlift tends to be the hardest, so aim to break the heavier barbell to sets of 2 or more reps. Keep focused on the HSW and take planned rests based on your ability (you don't need to do HSW unbroken, only the segments),

FOUNDATION (Aim to get through 1st part and even some heavier DLs)

Review everything from above two plans. You're in no rush on the 21-15-9 so take your time here. Focus on steadily moving through the work. Those HSPU will be challenging so keep your calm and keep doing small sets with longer breaks if needed (use the clock to see how much rest you need).

With heavier weights and harder gymnastics, this workout will be a challenge. Take it as such and do your best to surprise yourself.

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OVERCOMING YOUR LIMITERS

CONDITIONING

Overall, the conditioning will be less of a limiting factor than muscle fatigue, efficiency and strength for majority of athletes. You'll need to pace the Diane portion to allow for more opportunity for success on the heavier DL and the HSW. As always, [a thorough warm-up](#) will help prepare your engine for what's ahead.

MUSCLE ENDURANCE / EFFICIENCY / STRENGTH

With the nature of the workouts, we'll break this up (mostly) movement-by-movement this week.

This will be the main limiter for this workout. HR is a factor, however, lower back fatigue from the deadlift and the shoulders from HSPU/HSW will be the biggest factor.

DEADLIFT

- *Spend additional time warming up your positions in the warm-up but avoid doing too many heavy lifts, save them for the workout*
- *Break your sets from the beginning (aim to stay 2+ reps away from failure if not close to finishing or the time cap.). Once the reps get grindy (close to failure), you're likely to need 15+ sec rest to recover.*
- *Short rest between the sets, use a clock as needed to keep you honest*
- *Setup well for each deadlift (avoid the high hip, lower hips give you access to more muscles). Stiff legged is faster but flexing the knee in the bottom takes the load away from the back and can conserve it for the later sets*
- *Stay within your capacity (don't get carried away at the beginning) by sticking to your planned sets*
- *Consider doing at least 2 repetitions (ideally 3) per set to take advantage of muscle elasticity*
- *Drop your final rep of each set from the top to avoid eccentric (lowering down)*

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If you struggle with the HSPU

- Spend additional time working the skill in the [warm-up](#) but avoid doing too many full repetitions, save them for the workout
- Stay within your capacity (don't get carried away) by sticking to your planned (short) sets
- FOCUS on each rep, don't rush, make each one count!
- Relax, don't try so hard you get tense or forget to breath
- If you fail a rep, don't panic. Take at least 15 to 20-sec rest before you go again.

If you struggle with the HSW

- Ask yourself "will I get to the HSW, is this something I need to worry about?"
- Spend additional time working the skill in the [warm-up](#) but avoid doing too many actual HSW, save them for the workout

Handstand push up (HSPU) ([VIDEO TIPS](#))

- Avoid failure and therefore rather break the set too early than too late. Aim for 2-3 reps in the tank in the first round, and 1-2 on the 2nd and 3rd.
 - While breaking the HSPU can feel time-consuming, it is better to kick down if you start to slow down/grind through the reps
- KIP, save your shoulders, triceps and the small muscles around your shoulder joint. Once they are tired, it will be hard to recover
- Don't rush, respect the standard (avoid no-reps), move deliberately and steady
- [Check the standard for measuring the wall mark](#)
- **Click on the video links above for more tips**

Handstand walk ([VIDEO TIPS](#))

- Kick up STRAIGHT AWAY after DLs (you won't feel like kicking up but once you're there, it's not so bad)
- Don't go to failure rather break down smart as needed (Break before you think you might fail the next 5'). The 5' increments allow you to break down the distance how it suits you best (you don't need to go unbroken).
- Push tall and keep the momentum going with your hands at a speed you can handle (don't stop moving the hands only to stop and just hold a handstand)
- **Click on the video links above for more tips**

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ANNOUNCEMENT SHOW ANALYSIS

The next two pages show the analysis from Norway ([Kristin Holte vs. Nico Billaudel](#)) and Australia ([James Newbury vs. Maddie Sturt](#)). We have also added an analysis of two fast times from 18.4 (Austin Malleolo and Rachel Garibay) for reference in the end.

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. Remember that all these athletes have good capacity in the movements.

Pay close attention to

- Deadlift break down strategy (Holte broke well to her ability)
 - HSPU standards (no reps and good reps)
 - HSPU set breakdowns
 - Heavy DL set breakdowns
 - Quick kick-ups to HSW
- Impact of 1st part on the 2nd (Holte good pacing, for her ability)

NORWAY (Holte vs Billaudel)

Athlete	Holte			Billaudel		
Totals						
Total Time	06:23			09:00		
Work Time	05:12			07:25		
Transition Time	01:43			02:04		
Round 1 Split Times and Time / Movement						
Reps	Split Time	Deadlift	HSPU	Split Time	Deadlift	HSPU
21 / 21	00:55	00:27	00:24	01:04	00:34	00:26
15 / 15	01:50	00:23	00:22	02:34	00:27	00:53
9 / 9	02:33	00:11	00:19	03:32	00:14	00:26
Round 2 Split Times						
Reps	Split Time	Deadlift	HS Walk	Split Time	Deadlift	HS Walk
21 / 10	04:04	00:54	00:25	06:10	01:23	00:46
15 / 10	05:25	00:41	00:24	08:50	01:25	00:49
9 / 10	06:23	00:17	00:25			

Athlete	Holte			Billaudel		
Totals						
Total Time	06:23			09:00		
Work Time	05:12			07:25		
Transition Time	01:43			02:04		
Round 1 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HSPU	Transition	Deadlift	HSPU
21 / 21	00:04	1.3	1.1	00:04	1.6	1.2
15 / 15	00:10	1.5	1.5	00:10	1.8	3.5
9 / 9	00:13	1.2	2.1	00:18	1.6	2.9
Round 2 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HS Walk	Transition	Deadlift	HS Walk
21 / 10	00:12	2.6	2.5	00:29	4.0	4.6
15 / 10	00:16	2.7	2.4	00:26	5.7	4.9
9 / 10	00:16	1.9	2.5			

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AUSTRALIA (Sturt vs Newbury)

Athlete	Sturt			Newbury		
Totals						
Total Time	07:32			07:59		
Work Time	06:35			06:35		
Transition Time	00:57			01:24		
Round 1 Split Times and Time / Movement						
Reps	Split Time	Deadlift	HSPU	Split Time	Deadlift	HSPU
21 / 21	01:30	00:24	01:00	01:12	00:25	00:43
15 / 15	02:54	00:19	00:54	02:20	00:22	00:35
9 / 9	03:53	00:12	00:34	03:21	00:14	00:26
Round 2 Split Times						
Reps	Split Time	Deadlift	HS Walk	Split Time	Deadlift	HS Walk
21 / 10	05:18	00:44	00:30	05:31	01:22	00:26
15 / 10	06:34	00:38	00:29	06:55	00:40	00:26
9 / 10	07:32	00:18	00:33	07:59	00:30	00:26

Athlete	Sturt			Newbury		
Totals						
Total Time	07:32			07:59		
Work Time	06:35			06:35		
Transition Time	00:57			01:24		
Round 1 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HSPU	Transition	Deadlift	HSPU
21 / 21	00:06	1.1	2.9	00:04	1.2	2.0
15 / 15	00:11	1.3	3.6	00:11	1.5	2.3
9 / 9	00:13	1.3	3.8	00:21	1.6	2.9
Round 2 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HS Walk	Transition	Deadlift	HS Walk
21 / 10	00:11	2.1	3.0	00:22	3.9	2.6
15 / 10	00:09	2.5	2.9	00:18	2.7	2.6
9 / 10	00:07	2.0	3.3	00:08	3.3	2.6

18.4 (Garibay & Malleolo)

Athlete	Garibay 18.4			Malleolo 18.4		
Totals						
Total Time	06:01			06:04		
Work Time	05:16			05:03		
Transition Time	00:45			01:01		
Round 1 Split Times and Time / Movement						
Reps	Split Time	Deadlift	HSPU	Split Time	Deadlift	HSPU
21 / 21	00:47	00:20	00:24	00:51	00:22	00:24
15 / 15	01:36	00:22	00:21	01:38	00:19	00:19
9 / 9	02:12	00:17	00:13	02:17	00:13	00:15
Round 2 Split Times						
Reps	Split Time	Deadlift	HS Walk	Split Time	Deadlift	HS Walk
21 / 10	03:50	01:00	00:26	03:51	00:55	00:23
15 / 10	05:10	00:42	00:27	05:08	00:42	00:23
9 / 10	06:01	00:19	00:25	06:04	00:21	00:27

Athlete	Garibay 18.4			Malleolo 18.4		
Totals						
Total Time	06:01			06:04		
Work Time	05:16			05:03		
Transition Time	00:45			01:01		
Round 1 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HSPU	Transition	Deadlift	HSPU
21 / 21	00:03	1.0	1.1	00:05	1.0	1.1
15 / 15	00:06	1.5	1.4	00:09	1.3	1.3
9 / 9	00:06	1.9	1.4	00:11	1.4	1.7
Round 2 Transition Time and Seconds / Rep						
Reps	Transition	Deadlift	HS Walk	Transition	Deadlift	HS Walk
21 / 10	00:12	2.9	2.6	00:16	2.6	2.3
15 / 10	00:11	2.8	2.7	00:12	2.8	2.3
9 / 10	00:07	2.1	2.5	00:08	2.3	2.7