

THE TRAINING PLAN

PRE EVENT FUELING

Don't significantly change what you eat on the game day. Do what your body is used to. These are simply some ideas to help you think about your fuelling constructively. Due to the high-intensity nature of 20.1, your last whole food meal should be at least 2-hours prior, if not 3+ hours prior. You might prefer two smaller meals, with the second one consumed 1-2 hours before the workout. Stick with foods you are familiar with and know you digest well.

EXAMPLE

Full meal: 100-200 grams of chicken, fish, lean red meat, 1-2 cups of sweet potato, beetroot, rice or fruit.

Small snack ideas: carbohydrate energy bar, banana, yoghurt, low GI powder (eg. 3-Carb)

Keep fibrous foods to a minimum to allow good digestion, ie little to no veggies. Fat should also be minimised if eaten close to the event time, to ensure it is well digested; some fat on meat, and/or cooking fat should be sufficient, just don't add extra.

Supplements (at least 3-hours before)

5-10g creatine.

3-6g beta-alanine

Supplements (1-hour before)

3-6mg/kg caffeine (60-90mins before the event, more is not always better. Know your ideal level of stimulation). If doing the event in the afternoon/evening, it's recommended that you avoid caffeine in the morning (and even for 1-2 days beforehand), to ensure you are more sensitive to the afternoon dose.

****If you find that caffeine gets you a bit jittery pre-event, consider chasing it with 1 to 2 cups of black tea. The amino acid theanine found in tea can level out the jitters but retain the performance benefits. Or, you could supplement with l-theanine itself.**

Liquid carbohydrate (optional depending on meal timing and preference). 20-40 grams of carbohydrates from simple sugars (Vitargo, Gatorade etc)

Hydration

Drink 250-500ml water 2 hours before the workout starts, and then small sips as needed leading up to the start. Add an electrolyte tab to water if performing in excessively hot conditions. No drinking between sets, every second counts... You can take one last drink just before 3-2-1-GO, to get rid of that 'cotton-mouth'. Have a cold water bottle ready for when you finish.

The Training Plan - CFG Open Manuals - 20.1 - Fuel and Warm Up

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WARM-UP

#1 - BREATHE BETTER

A. Diaphragm drill - 2 reps of each variation ([VIDEO](#))

B. Position specific breathing (Lying on your front - upward dog - forward bend)

5 x Full slow inhale (nose), Full slow exhale (mouth) in each position

Focus on expanding your breath into your lower back, sides and bottom of the ribcage. If something feels tight, take an extra BIG breath x 3 to that area.

#2 - REV THE ENGINE UP

A. Assault bike - 5 to 10-minutes @ very easy pace

B. Row/Assault bike - alternate machines every 2 to 3-minutes for 12 to 15-minutes, start easy, build the pace progressively each minute until you are sweaty, breathing fairly heavy and feel your HR has touched your threshold. Do not go so fast as to feel your legs are pumped by the end.

If you tend to “gas out” early in the workouts, spending more time slowly ramping your engine up (without going to muscle fatigue) will help.

#3 - MOBILITY AND MOVEMENT PREP

A. Warm up Flow ([VIDEO](#))

Move through 2 to 3 rounds, if you find tight areas, pause to take a few breaths there, before moving on

B. Joint specific mobility (as needed)

1. [Hip Mobility](#)
2. [Wrist warm up](#)
3. [Thoracic Flow](#)
4. [Handstand shoulder openers](#)

If you have any movement restrictions (overhead or barbell set up position for example), spend more time here to improve your positions, breathing and efficiency. You can repeat the position specific breathing from the start, in your newly gained range, once you’ve done your mobility work.

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C. Power snatch (or power clean and jerk)

1. Repeat the following 1 - 2x with empty barbell
 - a. 3 x snatch high pull from hang
 - b. 3 x hang muscle snatch
 - c. 3 x hang power snatch (hold receiving position briefly each time)
 - d. 3 x power snatch (hold receiving position briefly each time)
2. Move to workout weight for few short sets
 - a. *Emphasise quality of movement, make sure you are comfortable setting up for a rep quickly and keeping a secure, yet relaxed grip on the bar.*

D. Bar facing burpees

1. 5 down to upward Dogs + 5 Push ups
2. 2 sets of 5 slow and controlled burpees, step up, focus on hand and feet placement and distance to barbell.
3. 2 sets of 4 'race pace' burpees, dropping down and stepping up, focus on the two-foot jump and play around with the landing, turning in the air or on the ground.

#4 - FEEL AND PACING, FINALISE GAME PLAN

Choose the amount of volume you do here based on your experience (whether you need more or less warm up to feel ready and confident, don't over-do it).

1. **1-Round** (Use this to test out your planned pace)
8 Power snatch @ 95/65lbs
10 Bar facing burpees

Rest 1-minute

2-rounds at race pace
4 Power Snatch @ 95/65lbs
2 Bar facing burpees
2. **Review your plan. Be clear about pacing and your goals for each movement, transition and rests (if any).**
3. *If you don't feel quite ready yet, spend a little more time on the Assault bike as needed to make sure your heart rate is elevated and you are sweaty before you start*
4. *If you are happy with your approach and feel sufficiently warmed up, rest 2 to 3-minutes before **CRUSHING** the workout.*

Make sure your camera (and back-up camera) is set and that you're on the same page with your judge about the movement standards before you start.

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