

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. 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.

Due to the longer duration of 20.2, consider a liquid carbohydrate supplement 30 minutes beforehand.

Carbs (CHO), pre-workout recommendations

Male: 30-50g CHO

Female: 20-40g CHO

Add 0.4-0.6g per kg/BW (bodyweight) carbs (powder, e.g. Vitargo, Gatorade etc) to your post-workout drink or use a ready-made sports drink solution.

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 and fatty foods to a minimum to allow good digestion, ie little to no veggies, 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.

250ml of beet juice or 1 beet shot

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, pair 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.**

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'.

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WARM-UP

#1 - BREATHE BETTER

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

B. Position-specific breathing (Standing arms overhead - bottom of squat - hanging from bar - seated pike)

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. We'll come back for more position-specific breathing during the movement prep as warming up those respiratory muscles will help a lot.

#2 - REV THE ENGINE UP

A. Assault bike - 8 to 12-minutes @ very easy pace

B. Assault bike - 6 to 12-minutes @ start easy, up the pace progressively every 1 to 2-minutes by 1 to 2rpm until you are sweaty and breathing fairly heavy. 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. [Ankle Flow](#)
2. [Ankle Mobility](#)
3. [Wrist warm up](#) (to avoid/reduce forearm pump)
4. [Hip Mobility](#)
5. [Handstand Shrugs](#)

If you have any movement restrictions (overhead, backswing or TTB, calves 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. DB Thruster

- a. Do the [27 Squats](#)
- b. Position-specific breathing (5 big breaths at the bottom of the squat then standing with arms overhead) make sure your breathing feels free and relaxed
- c. Practise few reps of “cluster” (squat clean, or more like a hammer curl here, into thruster) @ lighter weight to find an effective DB position on the shoulders
- d. Practise few reps of the thruster with DBs @ 50/35lbs

D. Toes to bar

1. **Simple prep** (if you're good to go on toes to bar)
 - a. Position-specific breathing (hanging from a bar then in a seated pike, 5 big breaths in each position), make sure your breathing feels free and relaxed.
 - b. Tuck ups - 3 to 5 reps
 - c. V-ups - 3 to 5 reps
 - d. Kip swings - 3 to 5 reps
 - e. Hanging knee tucks - 3 reps
 - f. Toes to bar - 3 to 5 reps, focus on rhythm and relaxed grip
2. **Detailed prep** (if you need to focus more on your movement quality) ([CLICK HERE for video](#))
 - a. Jefferson curls, 2 x 10-second hold
 - b. Standing pike stretch, 10 reps, alternating legs
 - c. Standing pike stretch, 10 reps, both legs same time
 - d. Elevated cat stretch, 10 pulses + 10-second hold
 - e. Shoulder/Lat opener stretch, 10 pulses + 10-second hold
 - f. Shoulder flexion/Thoracic stretch, 30 to 45-seconds
 - g. Hip flexor stretch, 10 pulses + 10-second hold/side
 - h. Skill flow (1 - 3 rounds)
 - i. Tension swings - 3 reps
 - ii. Kipping knees to chest - 3 reps
 - iii. Kipping toes to bar - 3 reps

E. Double unders

1. Walk on toes, toes in + toes out + toes straight - 1 to 3 x 5m each variation
2. Bounce in place with hands on a box, focus on body position, bounce and rhythm - 10 to 20 reps
3. 2 x 15 to 30 Double unders, test your rope + your spare rope (1 set each)
4. If you are having a hard time coordinating double-unders, this drill can help
 - a. Perform star chart coordination exercise ([watch this video for how to instructions](#) on the chart). [You can download the chart here.](#)
 - b. Perform star chart exercise tapping on the legs
 - c. Perform star chart exercise tapping on the legs while jumping as you would for double unders

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#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)
 - 4 DB Thruster @ 2 x 50/35lbs
 - 6 Toes to bar
 - 24 Double unders
2. **Review your plan. Be clear about pacing and your goals for each movement, transition and rests (if any).**
3. **Set up your equipment so that you have a smooth workflow that supports your pacing plan. PRACTISE your transitions, how you will move from station to station and ESPECIALLY how you'll pick up and lay down the rope each time.**
 - a. **WHERE will your back-up rope be (for easy access)?**
4. *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*
5. *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.