

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.

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.

Depending on preferences, 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.

Supplements (at least 3-hours before)

5-10g creatine.

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 - Standing forward bend - Hanging from a bar - Handstand against the wall)
3 to 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. You can also choose to do these during the movement specific warm-up instead of here.

#2 - REV THE ENGINE UP

A. Assault bike - 5 to 8-minutes @ very easy pace for blood flow (Mindset)

B. Row/Assault bike - 3 x 2 or 3-minute Row/1-minute Assault bike, start easy, build the pace progressively each minute and each set 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 or back are pumped by the end. **Spending time on the rower allows you to already specifically warm up the tissues for the deadlift.**

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. [Midline Flow](#)
2. [Kettlebell Flow](#)
3. [Wrist warm up](#) (to avoid/reduce forearm pump)
4. [Hip Mobility](#)
5. [Overhead Flow](#)

If you have any movement restrictions (overhead, hinging, wrists 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.

The Training Plan - CFG Open Manuals - 20.3 - Fuel and Warm Up

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

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C. Posterior chain blood flow

- a. [27 Good mornings](#)
- b. "Monster walk" w/ band around feet or just above the knee - 8 reps each direction (forward, backward, sideways left and right)
- c. GHD hip extension (if available) or [Banded Hip hinge](#) - 10 controlled reps

From here, allocate the time to rest of the movement prep according to your needs. Spend a little more time on movements you're not as confident with (but not to point of fatigue) and **Do make sure you can meet the HSPU standards early in the WU!**

D. Deadlift

- a. Deadlift w/ controlled tempo @ empty barbell - 5 to 10 reps (focus on back position and bar path)
- b. Build up to "Diane" weight (225/155lbs) in sets of 3 to 5
 - i. First rep in each set, pause just below the knee (1 to 2-seconds) to establish a good position, then remaining reps touch and go
 - ii. Set example: 5 @ 135/95lbs, 5 @ 185/125lbs, 3 @ 225/155lbs
- c. Build up to heavier DL weight (315/205lbs) in sets of 1 to 3
 - i. Set example: 2-3 @ 265/185lbs, 1-2 @ 315/205lbs
- d. (optional) Do a single at a heavier weight (e.g. 355/245lbs) to prime the nervous system
- e. All examples depend on your 1RM and should be adjusted as needed. **Avoid doing too many total heavy reps in here only enough that you feel ready.** Choose how much to do overall based on your ability.

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E. Handstand push up (HSPU)

- i. Front support hold/top of push up (keep hollow, hips tilted under) - 10 to 20 sec*
 - ii. Half dish/hollow hold 1 (feet on the ground, shoulders up) - 10 to 20 sec*
 - iii. Half dish/hollow hold 2 (back flat, shoulders down and feet up) - 10 to 20 sec*
 - iv. Front support (w/ feet on box/plates) push to pike handstand (push through shoulders) - 3 to 5 reps (with 2-sec pause)*
 - v. Push-ups (elbows back, chest in, posterior hip tilt) - 3 to 5 reps*
 - vi. Standing pike (or straddle) handstand pushups - 3 to 5 reps*
 - vii. Tripod headstand (with bent knees) then kip up to a handstand hold against the wall - 2 to 4 reps with 3-sec hold at headstand and at the top*
- b. [Measure your height for HSPU \(according to official rules\) and mark the wall](#)*
- c. Kick up to the wall, adjust setup until you find the optimal reach (to the line) and mark your hand positions. Hold a handstand for 10 seconds and breath (to check your position, if overextended, breathing difficult)*
- d. Practise HSPUs from this setup, adjust hand markings as needed, add head marking on the ground so you can execute every rep the same in the workout*
- e. Practise “perfect” repetitions in 2 to 4 sets of 2 to 4 (have your judge there to check standards so you can make adjustments to form as needed)*

F. Handstand walk (HSW)

- a. [Standing 45 degree wall lean with single arm hip \(or shoulder\) taps](#) - 10 to 20 sec*
 - i. (Make sure to have good posterior pelvic hip tilt, to switch the core on and push away from the wall)*
- b. [Front support wall walks](#) - 10 to 20 sec*
 - i. (Maintain good hip tilt, chest hollow, push away from the wall as you transition/walk up and down).*
- c. [Kick to handstand + shoulder shrug/tap/transition](#) - 10 to 20 sec*
 - i. Can keep something between your feet to squeeze for a stronger position*
 - ii. do a combination of shoulder shrugs and shoulder taps or just small transitions once in position*
- d. Practice a few starts (3 x starts, 2 to 5m walk) to make sure you are comfortable with hands behind the line standard and focus on building momentum early and pushing tall*

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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

3+1-2 Deadlifts @ 225/155lbs (= 3 reps, drop, 1-2 reps)

3+1-2 HSPUs (= 3 reps, come down, 1-2 reps)

REST 15 to 30-seconds

2+1 Deadlifts @ 225/155lbs

2+1 HSPUs

REST 15 to 30-seconds

1 Deadlift @ 315/205lbs (or 225/155lbs if using a single barbell)

Short HSW

Get a feel for the transitions and optimise your setup

Consider how you will break the sets

2. **Review your plan. Be clear about pacing and your goals for each movement, transition and rests (plan on breaking at least the DL from the start).**
3. **Set up your equipment so that you have a smooth workflow that supports your pacing plan.**
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. This is especially important for the HSPU as these tend to get tricky when tired or moving fast.