

# THE TRAINING PLAN

## Pre-Event

*Before you start to prep for the workout, take 5-minutes to sit somewhere quiet, close your eyes and take a few calming breaths (box breathing style). Then visualise yourself performing 20.1 with confidence, efficient movement and good pacing.*

*For the snatches, see yourself moving effortlessly, the barbell close to the body, 'floating' up and locking out solidly overhead with every rep looking the same as the one before it. Your breathing is deep and controlled, fuelling the work. Think words like 'smooth', 'steady' and flow. Your grip is secure AND relaxed, particularly overhead.*

*As you move to the burpees, again, visualise your face and how calm it is. Your goal is to 'stay low and flow'. Smoothly down to the floor, then your feet come up, one at a time as you step up effortlessly and generate momentum for your jump. Turn and repeat. Your breathing is even, matching your steady, relentless pace. Feel the muscles in your pecs and triceps loading and recoiling like elastic bands, acknowledge the discomfort, but know that it will not last and that you work through it.*

***Once you start the warm-up, do your best to not think much more about the workout. You've done the work now, and as you are probably at least 20-30 mins from the start, no need to get wound up any further, remind yourself how much you love this!***

---

## During the event

***"We must all suffer. The question is: Are you going to suffer productively?"***

*Expect it to be hard and know that you will make it through, one rep at a time...*

*Use micro-goals within the movements and turn them into mantras to fill your mind with positive self-talk. Try 'smooth', 'light weight', 'one more rep', 'one more round!', 'hips up', 'push', 'breathe', and anything else that will keep you present, focused on what you need to do, and determined to keep moving.*

*When the burpees start to get challenging, remind yourself that EVERYONE will be hurting here, so just take a breath, and do another rep. In the end, with one round to go, you KNOW that you can go faster, tell yourself that you can, and then show yourself that you can.*

---

## Post Event

*Later on, once you have re-fuelled, mobilised, and are relaxing, avoid the temptation to over analyse your performance. Rather, find 1 or 2 things that you can be really proud of and write these down. Tomorrow, you can come back and be more analytical about how to improve if you will repeat the workout again.*

**The Training Plan - CFG Open Manuals - 20.1 - Mental Game**

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