

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 20.2 with confidence, efficient movement and good pacing.

For the DB Thrusters, see yourself moving through the squat effortlessly, the DBs balanced and under control, '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 TTB, again, visualise your face and how calm it is. Your goal is to let the natural elastic energy from your hip flexors, pecs and lats, do the work for you. Your breathing is even, matching your steady, relentless pace. Feel the muscles in your pecs and hip flexors, loading and recoiling like elastic bands and the potential kinetic energy allowing effortless reps.

During the double unders, we're looking for calm flow. Picture your face relaxed, as are your shoulders. Everything is happening from the ankles and wrists, your body tall and moving with minimal effort.

With this many sets, you WILL most likely trip at some point. When it happens, you can choose to *react* or to *respond*? Instead of reacting with frustration or panic, cursing or yelling, simply respond to the situation by stepping over the rope and continuing. That is the most logical thing to do, and the most productive for your mindset and final score, no matter how many times it happens. Imagine it happening, and imagine your logical, calm response to 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!

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During the event

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

This is not an overly long workout, but the short rounds will make the repetition potentially monotonous. Perception is reality however, it's up to you what your mindset and self-talk is like during the process.

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!', 'drive', 'push', 'breathe', and anything else that will keep you present, focused on what you need to do, and determined to keep moving.

When the double unders start to get challenging, remind yourself that EVERYONE will be hurting here, so just keep breathing, relax and keep moving. In the end, with few minutes to go, you KNOW that you can keep moving, 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.