

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 20.3 with confidence, efficient movement and good pacing.

For the deadlifts, see yourself moving the bar effortlessly and close to your body, hips and knees locking out smoothly, 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 without being taxed, and your face is calm.

As you move to the HSPU, again, visualise your face and how calm it is. Your breathing is even, matching your steady, controlled pace. See your heels passing over the line on each repetition. Feel the muscles in your hamstrings, glutes and triceps, loading and recoiling like elastic bands and the potential kinetic energy allowing effortless reps.

When you move to the 2nd barbell, it's heavier, yet you pick it up with confidence. Breaking the sets down, you'll have a smile on your face as you know you will get through them.

During the handstand walk, we're looking for calm flow. Picture your face relaxed, your breath is even and unrestricted by your position. Your body is tall, balanced and moving with minimal effort.

With the technical and fatiguing demand of the HSW, you WILL most likely lose balance 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 back to the required line 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. So see it happening in your mind now, imagine your logical, calm response to it, and replicate that out on the floor.

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 heavy loads and technical demands make each repetition high value. We want a present, optimistic mind to work through this.

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', '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 deadlifts get challenging (and they will), remember that with smart pacing, you will move through them. Patience, not frustration, is your friend. Take them one repetition at a time.

If the HSPU start to get challenging, just keep breathing, and keep moving. Go back to your mental image of a perfect, effortless rep, and seek to manifest that in your own movement. Likewise with the HSW, before each length, take a breath and see yourself completing the length with balance and control, then kick up and make it a reality.

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.