

# THE TRAINING PLAN

## FIRST THOUGHTS for 20.4

**The key questions to answer for this workout are:**

- 1) What is the heaviest weight I will (realistically) clean and jerk in this workout?
- 2) Will my main sticking point be the pistols or the heavier barbells?
- 3) What pace/strategy allows me to best maximize my potential for the end?

Take these into account as you formulate your plan. The 1st part of the workout is all about smart pacing (STEADY if able to do heavier barbells/pistols - FAST if tiebreak to pistols matters). For those with pistols, the 2nd part will be mainly about the barbell. Make sure to get there in good form as this is where the workout really happens (for those who aim to finish). [Find a mental space where you feel focused and confident.](#)

### QUICK NOTES

- This workout will have you breathing heavier than you think, [warm-up well.](#)
- If you are confident with the movements and strong enough, much of this comes down to a steady pace at the start, managing your rests between heavier lifts and FULLY committing to each lift.
- If you have a known sticking point (pistols or a barbell weight way beyond your current max), push for a good tiebreak (especially if your limit weight comes early). Then give it a shot, you might surprise yourself.
- Step-ups (w/ drop down or step down) can be a surprisingly good approach, consider it in your warm-up, even if you just mix it in with jumps.
- While you might do Touch-and-Go sets on the 95/65lbs bar, male athletes should move to singles on the 135lbs. Stronger female athletes might consider TnG sets on the 85lbs barbell.
- Have a plan and use a timer to assess your rests with the heavier weights. You must balance being recovered enough to be ready to lift and not waste time with excessive rests. Know how you will respond if you miss and/or if you need to stretch your rests between lifts.
- Make sure your helper(s) know how and when to change the plates (and put clips on), so you can focus on doing the workout.
- **Pay attention** to the [movement standards](#) (face the box, extend at the top, step-ups allowed, single-leg squat ROM), make every repetition count (and leave no doubt).

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## SET UP

- **Box:** Make sure you've set the box square ([you cannot jump/step from the corner](#)), use a foam plyo-box if you have one.
- **Barbell:** Set behind and next to the barbell for quick transitions and safety (NOT directly behind the box in case you fall/slip)
- **Plates:** Have all of your plates ready with helper(s) who is/are clear on how and when to change the plates. Make sure they know that clips need to be put on at each change.
  - **Tip:** Lay the plates out in a way that makes it obvious to make the changes and/or write them down clearly (do anything and everything to make sure there are no mistakes here).
- **Belt/chalk:** Have your belt ready for heavier lifts (if needed) and chalk by the barbell.
- **Shoes:** For most people, wearing lifters will help with both the pistols and the cleans. If you're not used to doing box jumps with lifters, consider step-ups OR quickly changing to lifters when you move to pistols.
- **Wrist wraps:** Have these on loose and tighten them up when needed

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## GAME PLAN

We suggest you read through each level as you reflect on your own plan. Look at the workout as a whole as you make your plan. Your goal is to optimise your performance based on your strengths and limiters so that you can finish in the fastest time/get as far as possible.

**REMEMBER:** Your success begins with [a good warm-up](#) for your engine, movements and weights.

Review the Announcement show analysis on the last pages for more insights.

### **TOP ATHLETES - (Finish the workout, fastest < 16:00, maybe even faster)**

The first 3-rounds are about setting you up for success in the later rounds. You will jump up/drop down on the box with a steady rhythm. **Make sure you open the hip clearly on the box.** 95/65lbs could be 3 sets (6-5-4 or 5-5-5), 135/85lbs singles for men, singles or TnG for stronger women. 185/115lbs singles for both. You must be strict with your breaks here and stay with the barbell. All reps are power clean + push/power jerk.

Once you finish 185/115lbs, move straight to your 1st set of pistols. **Hit the bottom AND top standards on all reps.** Find a good rhythm and settle into it. Make a quick transition to the 225/145lbs barbell. Rest with a timer as needed to get steady through these. 275/175lbs will be the 1st heavy barbell. You need to decide here if you continue with power clean and jerk (ideal) or have to shift to squat cleans and/or split jerks. Get that first rep done as soon as possible, then you can recover a bit before settling into your pace through these (use the timer).

For you, the workout will be all about that last barbell. When you get here, take enough rest (20 to 40-seconds) so you can hit your 1st rep with confidence. From here on, go into every single lift with a 100% commitment and trust that you will make it. Use the timer to help manage the recovery between lifts.

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## **COMPETITORS - (Get to 275/175lbs or even 315/205lbs)**

Your game is to get to those last two barbells. For the tiebreak, it'll pay-off to push your last set of pistols, especially if you know hitting the next weight is unlikely.

Start off like the above plan but **consider the step-up and/or step-down option**. You could do these from the start, on the later rounds or by mixing them into the ends of your sets after doing some box jumps. While they're a bit slower, they allow for a steady pace (easier on conditioning) and less impact. The downside is potential for more muscle fatigue on the legs (mainly with step down).

The barbell strategy is much the same, moving to singles (by latest) on the 2nd weight. Use the clock/timer to control your rests and stay on the barbell to keep yourself accountable on the first 3-rounds. Work to give yourself time with the heavier barbells.

On the 2nd half, breaking the pistols into sets (eg. 10s) and shaking off your legs just a bit can help you breathe better and make the squat cleans easier.

Consider moving to split jerk on the 225/145lbs barbell to save more juice for the last two bars. Power clean will be the faster/more efficient option (considering the pistols) if you can keep it but rather switch to squat clean a bit too early than fight through ugly reps on the power. As above, FULLY commit to each of the heavier lifts.

## **FOUNDATION - (Get to 3rd barbell and beyond)**

Your best strategy is most likely to step-up and/or down on the box to keep moving steadily with least demand on your conditioning. This will leave you fresher for the barbell and puts less stress on your body.

Go straight to singles on the barbell, even if you could do some touch-and-go repetitions. Move at a steady pace (don't rush) to stay as fresh as possible for the heavier weights. Be focused and committed to each lift.

Once/if you get to the pistols, focus on control on the way down, then bounce on the way up. You're looking for safe attempts first of all (so you can keep doing more repetitions).

Review the above for additional tips/ideas.

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## OVERCOMING YOUR LIMITERS

### CONDITIONING

While the conditioning will overall be less of a factor for most people you will be breathing heavier than you think (especially if you are looking to finish or getting to those heavier barbells). [A proper warm-up](#) is necessary to make sure you're ready.

Stepping up and/or down from the box can help control the HR. Keeping your clean and jerk sets (if doing any TnG) short will help regulate blood pressure and therefore HR. Be deliberate in the pacing of singles, whether you're resting just a few seconds or longer, rushing will get you nowhere.

### MUSCLE ENDURANCE / EFFICIENCY / STRENGTH

With the nature of the workouts, we'll break this up (mostly) movement-by-movement this week.

**The main limiters for this workout will be a) 1RM Clean and jerk, 2) Ability to lift close to your 1RM with a high HR + muscle fatigue, 3) Your efficiency and capacity on the pistols.**

### **BOX JUMP**

*This is mainly about setting you up for success in other movements of the workout.*

- *Your options are:*
  - ***Jump up/drop down*** - *Fastest, most taxing on tissue/conditioning*
  - ***Jump up/step down*** - *Fairly fast, easier on a 20" box*
  - ***Step-up/drop down*** - *Fairly fast, easier on a 20" box*
  - ***Step-up/step down*** - *Slowest but least taxing, especially on a 20" box*
- *If box jump is a limiter then stepping up and down is the way to go*

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## **SINGLE-LEG SQUAT / PISTOL**

*A sticking point for many, easy to miss the standard by not going deep enough and/or not opening the hip at the top.*

- [Spend time opening up your hips and ankles in the warm-up](#)
- *Wear weightlifting shoes (consider step-up/down on the box OR change shoes before pistols)*
- *Strategies for stronger reps*
  - *Reach across the body to pre-load the glutes*
  - *Push knees together on way down to involve more adductors*
  - *Reach forward and lift the butt up to involve more hamstrings*

## **CLEAN AND JERK**

*The main limiter of the workout (if you can do some pistols)*

- *Consider your options for the clean*
  - *Muscle clean - FORGET ABOUT IT!*
  - *Power clean - Fastest/least taxing IF you can handle the weight*
  - *Squat clean - Slower/more taxing AND allows for heavier weights*
  - *The transition from power to squat clean can be a challenge, make sure to warm up for it*
- *Consider your options for the jerk*
  - *Push jerk - Fastest*
  - *Power jerk - Almost as fast*
  - *Split jerk - Slower but allows for heaviest weights (for most)*
  - *Again, warm up for each variation you will do in the workout*
- *FULL commitment to each lift, especially on the heavier bars*
- *Know your rests, how long do you need before the 1st heavy lift and in-between the lifts. Use a timer to rest.*
- *If you miss a lift, make the distinction between a technical fault ( = Focus and Fix it), lack of commitment ( = breathe, FOCUS and COMMIT), and going too early ( = Rest more than you did, breathe).*

# THE TRAINING PLAN

## ANNOUNCEMENT SHOW ANALYSIS

The next two pages show the analysis from Diablo CrossFit ([Ben Smith](#), [Sean Sweeney](#) and [Jason Carroll](#)) announcement show.

Looking through these breakdowns (especially the round-by-round details), together with reviewing videos of different announcement show performances will help you tremendously in forming your own plan and understanding the pacing. Remember that all these athletes have good capacity in the movements.

### Pay attention to

- Ben's box jump (jump/drop w/ good rhythm)
  - Ben's transitions to barbell
- Different paces on the heavier barbells

Ben Smith	Split Time	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
1	01:33	01:33		00:47	1.6	00:03	00:43	2.9
2	03:42	02:09	00:03	00:58	1.9	00:04	01:04	4.3
3	06:04	02:22	00:04	01:04	2.1	00:07	01:07	6.7
4	08:51	02:47	00:10	01:08	2.3	00:04	01:25	8.5
5	11:38	02:47	00:06	01:15	2.5	00:07	01:19	15.8
6	16:41	05:03	00:08	01:22	2.7	00:34	02:59	35.8
Sean Sweeney	Split Time	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
1	01:42	01:42		00:55	1.8	00:05	00:42	2.8
2	04:03	02:21	00:04	01:04	2.1	00:05	01:08	4.5
3	06:31	02:28	00:04	01:05	2.2	00:07	01:12	7.2
4	09:28	02:57	00:07	01:02	2.1	00:08	01:40	10.0
5	13:17	03:49	00:05	01:24	2.8	00:30	01:50	22.0
6	20:01	06:44	00:06	01:18	2.6	00:37		
Jason Carroll	Split Time	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
1	01:48	01:48		01:00	2.0	00:03	00:45	3.0
2	04:08	02:20	00:04	01:05	2.2	00:04	01:07	4.5
3	06:55	02:47	00:05	01:15	2.5	00:07	01:20	8.0
4	10:28	03:33	00:05	00:55	1.8	00:17	02:16	13.6
5	14:55	04:27	00:07	01:05	2.2	00:52	02:23	28.6
6	20:05	05:10	00:07	00:58	1.9	01:41		

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Time	16:41						
Ben Smith	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
<b>Fastest</b>	01:33	00:03	00:47	1.6	00:03	00:43	2.9
<b>Slowest</b>	05:03	00:10	01:22	2.7	00:35	02:58	35.6
<b>Difference</b>	03:30	00:07	00:35	1.2	00:32	02:15	32.7
<b>Total Time</b>	16:41	00:31	06:34		01:00	08:36	
Average	02:47	00:06	01:06	2.2	00:10	01:26	12.3
Work	15:10		06:34			08:36	
Transition	01:31	00:31			01:00		
% Work	91%		39%			52%	
% Transition	9%	3%			6%		

  

Time	20:01						
Sean Sweeney	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
<b>Fastest</b>	01:42	00:04	00:55	1.8	00:05	00:42	2.8
<b>Slowest</b>	06:44	00:07	01:24	2.8	00:37	01:50	22.0
<b>Difference</b>	05:02	00:03	00:29	1.0	00:32	01:08	19.2
<b>Total Time</b>	20:01	00:26	06:48		01:32	06:32	
Average	03:20	00:05	01:08	2.3	00:15	01:18	9.3
Work	18:03		06:48			11:15	
Transition	01:58	00:26			01:32		
% Work	90%		34%			56%	
% Transition	10%	2%			8%		

  

Time	20:05						
Jason Carroll	Total	Transition to Box Jump or Pistol	Box Jump or Pistol Total	Seconds / Box Jump or Pistol	Transition to Clean & Jerk	Clean & Jerk Total	Seconds / Clean & Jerk
<b>Fastest</b>	01:48	00:04	00:55	1.8	00:03	00:45	3.0
<b>Slowest</b>	05:10	00:07	01:15	2.5	01:41	02:24	28.8
<b>Difference</b>	03:22	00:03	00:20	0.7	01:38	01:39	25.8
<b>Total Time</b>	20:05	00:28	06:18		03:04	10:15	
Average	03:21	00:06	01:03	2.1	00:31	01:42	14.4
Work	16:33		06:18			10:15	
Transition	03:32	00:28			03:04		
% Work	82%		31%			51%	
% Transition	18%	2%			15%		

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**Ben Smith** finished the workout with over 3-minutes to spare. He took time at the top of each box jump to gather himself before going into the next rep, was smooth and steady on his pistols, and efficient through each set of the clean and jerk. Smooth and steady throughout is the approach.

**Sean Sweeney** failed a jerk at 315lbs. At this stage in the workout, this was the difference between him finishing the workout, and barely getting 4 of the 5 reps in the time cap. Make sure to stay focused and committed through each and every rep. Clean is only half the battle.

**Jason Carroll** was a good example of someone who is very fit but doesn't have the same top-end strength as Smith/Sweeney, and couldn't hit a rep at the final weight. If this is you, it will make sense to slow things down a bit as you get closer to the end, to allow for more recovery before going for that big attempt on the clean and jerk.