

THE TRAINING PLAN

FIRST THOUGHTS for 20.5

The key questions to answer for this workout are:

- 1) Can you do muscle ups?
- 2) Will your muscle ups be limited by turn over (pull) or lockout (push)?
- 3) Will the wall ball/row be limited by muscle endurance or conditioning?

Take these into account as you formulate your plan. If you're aiming to finish, prioritise getting through the muscle-ups first, then finish the rest. Use the other movements to "recover", choose reps/order based on your limiter (push or pull). If not aiming to finish, explore your options (couplet, like 19.1 or big set of WB into a couplet). There are many options here for you to explore, and you will learn from your 1st attempt. **Find a mental space where you feel focused and confident.**

QUICK NOTES

- Use **the planning sheet** to study your options, and to make your 1st plan(s)
- **Priority No 1** >> Keep doing work (change movements as needed)
- **Priority No 2** >> Stay ahead (change movements before going to failure)
- **Priority No 3** >> Finish the muscle-ups (use other movements as tools to do this)
- Identify your limiter (push, pull or conditioning), plan around it with a focus on completing the muscle-ups OR getting fast tiebreak time.
- Control the pace with a) movement order, b) set breakdown, c) row pace, d) transitions to rings. Don't force a faster rhythm on the muscle-ups or speed up the wall balls (unless you're close to the end and know its safe to go for it)
- Movement efficiency is your friend, pay attention to details (see upcoming pages) on each movement and **warm-up** well.
- If you leave some calories until the end, you can hammer that final row
- Pay attention to **the filming standards** (2 videos needed), make every repetition count (leave no doubt, especially on the muscle-ups).

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SET UP

- *Set each station so the transitions will be easy and short.*
- **Wall ball:** *Mark a line on the floor with tape so you can be consistent during the workout. You can even mark a box for each foot to stand in if you find a specific stance that works best for you.*
- **Rower:**
 - **Aim for damper setting 4-7.** *A lower damper setting helps avoid muscle fatigue, shifting the load more to your cardio from the muscles. When fatigued use stroke rate and pull velocity to develop power rather than raw pulling force with a high damper setting. Practice this ahead of time.*
 - **Foot straps.** *Make sure these are set for easy and quick transitions, practice getting on and off the rower in your warm-up.*
- **Rings:** *Use the rings you're the most used to/comfortable with. Shorter straps tend to have more tension, faster turnaround and easier lockout. Longer straps tend to have a slower rhythm, slower turnaround and harder lockout. Find your sweet spot.*
- **Gymnastics grips:** *If you need these on the muscle-ups, they're fine to wear, once you're done with MUs, ditch the grips or make sure they don't get in the way.*
- **Chalk:** *Have your chalk by the rings, placed so you can chalk during the transition from row and/or wall ball (based on your plan)*
- **Shoes:** *If you know that the workout for you will be wall balls and rowing, consider wearing lifting shoes. If you have muscle-ups, choose either a flat (lighter) shoe or a light lifting shoe (if confident won't impact your MUs).*
- **Sweat bands:** *These will help keep the sweat off your hands for longer, helping the grip on all movements*

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GAME PLAN

We suggest you read through each level as you reflect on your own plan. While it's tempting to focus on the muscle-ups (whether you have them or not), 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.

PLAN: [Here is a planning sheet for you to play around with](#). Edit the yellow cells only ("reps" remaining will automatically adjust).

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

CONSIDER: Having a judge AND another person to count your reps and keep you on track (These SHOULD NOT be the same person, you'll need two friends for this one).

TOP ATHLETES - (Finish the workout, fastest < 11:30/14:00)

Your primary aim is to finish the MUs in as short a time as possible to be able to push through the remaining WB/row reps. Use [the planning sheet](#) to design both an optimal strategy and a back up one.

Follow these rules:

- Never go to failure on any movement
- Always be moving (transition to other movements as needed)

Start with a big set of muscle-ups but stay at least 2-3 reps away from failure (ideally more). The bigger your max set is, the further away from failure you want to stay here (Vellner, max set around 28 reps, did 12/12/9/7, Willy George did 15/13/8/4 with likely similar max).

From here you'll have multiple options:

- Set of WB (10 to 35), back to MU
- Row (10 to 15 cal), back to MU
- Set of WB+Row, back to MU (*likely the best option for most*)

The goal is to keep 1) chipping away at Row/WB reps, 2) recovering for the next set of MU until they're done. Consider if the turnover (pull) or lock out (push) is the main limiter in your muscle-ups and choose the movement order on row/WB accordingly.

If you leave some calories until the end, you can hammer the final row.

The Training Plan - CFG Open Manuals - 20.5 - First Thoughts

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

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COMPETITORS - (Finish the workout or get deep into the muscle-ups)

Very similar strategy to above but with smaller, more frequent sets on the muscle-ups (= shorter rounds). Use [the planning sheet](#) to come up with at least three (3) options for yourself. Remember, you should always be moving (small rest before muscle-up sets is ok, use this to chalk up and focus mentally).

When in doubt, rather transition to next movement “too early” (leaving more reps in the tank) than go until failure = Choose your transitions.

FOUNDATION - (Get a fast tiebreak time, maybe some muscle-ups)

You have three (3) main options (that can overlap somewhat):

- 1) Try to get at least 1 muscle-up (big difference on leaderboard)**
 - a) Try to get muscle-ups at the start (more fresh for MU attempts)
 - b) Try to get muscle-ups at the end (faster tiebreak)
- 2) Try to get the fastest tiebreak time possible, no MUs**

If you choose (1a), you can always repeat the workout/start it over if you don't get any repetitions few minutes into the workout. Focus on a [solid warm-up](#) on the muscle-ups. If you get one and think multiple MUs are possible, plan to get some WB reps/row calories (15 to 30 each) in before you come back for your next attempt (rest as needed before you try).

If you go for option (1b or 2) your focus will be to finish the WB/Row couplet as fast as possible, take a rest, then attempt (or not) to hit some muscle-ups. Start with wall balls as these are the more challenging movement of the two.

Use [the planning sheet](#) to come up with plans A, B and C (Plan A being a realistic, best case scenario).

Consider the following:

- Never go to failure on the WB, it is better to transition to row earlier than you thought or break your planned set to 2 sets with a short break. If you go to failure, it will be hard to recover.
- It is better to be a bit conservative (easier pace) on the rower to start, rather than go too hard at the start, only to lose your pace as you go on. If you did the 19.1 earlier this year, think back at what pace you went there for a reference point.

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OVERCOMING YOUR LIMITERS

You will be in one of the two categories

- 1) You have muscle-ups, these will be the key limiter in the workout (skill and/or muscle endurance)
- 2) You don't have muscle-ups, your conditioning or muscle endurance in WB or row will be the main limiter

Scenario 1: No MU, limited by conditioning

Start with WB and do a bigger set to chip away a large chunk without going to failure. Pick a calorie target that allows you to keep a good pace (for you) while still recovering enough to hit the next set of wall balls. Aim for around 5 to 6 total rounds with negative rep splits (move from bigger to smaller sets).

Scenario 2: No MU, limited by muscular endurance

Break the work down to repeatable sets (eg. 8 x 15 WB + 10 (cal) Row), where you can still keep a good pace (for you) on the row and WBs unbroken. Shorter time on each movement will help control the muscle fatigue. If needed (later rounds) you can break the WB sets into smaller chunks with a very short rest in-between (eg. 8+7 or 6+5+4).

With more sets, the transitions become more important so consider setting the rower close to WB target.

Scenario 3: MU, limited by lockout

Start with a bigger set of muscle ups, and pair most of your muscle-ups with calories on the rower to start off with. This will keep the lockout fresh, saving most of the wall balls until later when most or all of the muscle ups are completed.

Scenario 4: MU, limited by turnover

Start with a bigger set of muscle ups, and pair your first few sets of muscle-ups with wall balls before mixing in the rower. This will ensure your pulling is not as taxed from the row on the muscle-ups.

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CONDITIONING

This can be a primary limiter or a contributing factor to muscle fatigue on the rings or wall ball. Following a good, [extended warm-up](#) is essential to make sure you can get the most out of what you have. Typically athletes feel limited by one of these three:

- 1. Too high a heart-rate** → Extend your time in the 2nd part of the warm-up, focus on breathing and movement efficiency in the workout, pace properly
- 2. “Air hunger”/breathing** → Extend your time on the 1st and 2nd parts of the warm-up, focus on breathing and movement efficiency in the workout, pace properly
- 3. Overheating** → Do the workout in a cool environment, use a fan and consider pre-cooling (“ice slushy”, a cold drink, cold towel behind the neck) before you start, pace properly.

MUSCLE ENDURANCE / EFFICIENCY

These are the key limiters for those who can do muscle-ups. With the nature of the workout, we’ll break this up (mostly) movement-by-movement this week.

MUSCLE UP (videos: [Cues](#), [Analysis](#), [Front swing/Hips](#))

- Review the above videos for drills and cues
- Know your ability, set your expectations and make your plans accordingly
- Never go to failure, always leave something in the tank
- Hit each repetition with full focus and intent, be smart and don’t risk sloppy form and fails early on in the workout
- Focus on efficient movement in [your warm-up](#)
- Wall ball and row are tools that allow you to manage muscle fatigue in the muscle-ups, use them as such
- Make sure to hit the movement standards (especially the lockout on the top and no part of feet over the rings) on each rep

WALL BALL

- BEFORE you start, measure your distance from the wall and mark it on the ground (tape), consistency under fatigue is key (find a distance where the ball hits the target at the apex of the throw, easy receiving position)
- Relax your arms after each throw to save the shoulders and keep your palms under the ball (don’t squeeze it between your hands, this is inefficient)
- Find a steady rhythm and breath through each rep (each rep will take about 1.8 to 2.4-seconds, move at your natural rhythm, don’t force a faster pace)
- Don’t hesitate to do smaller sets as needed
- If you miss a rep, RESPOND, don’t REACT, stay focused and keep moving

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ROW

- *Rowing for calories rewards a higher output (slower pace means you need to row further for the same calories), therefore the goal is to work smart, not to merely 'rest while rowing'.*
- **Focus on finding a GREAT RHYTHM, LONG LENGTH (of the pull) and APPROPRIATE RATE (strokes/minute) NOT on speed (calories/hour).** Especially on the first rounds. Speed/power output is a consequence of your movement efficiency.
 - *Once you find your form, you can look at the numbers on the screen.*
 - *Keep breathing! If you find yourself "grunting" in the early rounds on the row, you are going way too hard, ease your pace and focus on your form to restore your breathing.*
- **Damper**
 - **Aim for damper setting 4-7.** When fatigued use stroke rate and pull velocity to develop power rather than raw pulling force with a high damper setting. Practice this ahead of time.
- **Stroke rate** - 28-32 if competent on the rower BUT adjust to where you are most efficient and comfortable
 - **Concept 2 rower algorithm only counts calories at the end of each stroke creating an ILLUSION of getting faster calories with lower stroke rates.**
- *Start the rower with short, sharp strokes (quarter to half to full stroke) to get the flywheel moving before settling into your regular stroke*
- *Find a good rhythm (listen to the sound of the rower) with long pulls*
- *Drive : Recovery ratio = 1:1 to start THEN settle into 1:2*
- *Strong push, relax on the recovery*
- *Hands quick away from the body to initiate the recovery phase*

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ANNOUNCEMENT SHOW ANALYSIS

The next two pages show the analysis from Reebok HQ ([Annie vs Patrick Vellner](#)) and CrossFit Castelnau Le Lez ([Willy Georges vs Streat Horner](#)) announcement shows.

Looking through these breakdowns, together with reviewing the videos to see different approaches, will help you inform your own plan and understanding of the workout.
Remember that all these athletes have good capacity in the movements.

Pay attention to

- Breakdowns below show each "round" in order (from left to right)
 - Each athlete started with a big set of MUs
- Patrick/Streat/Willy each moved the WB, where as Annie went to rower
- Streat/Willy started with a triplet. Annie/Patrick started with a couplet
- A triplet is likely a better strategy for most athletes IF you can do MUs

Annie 13:49				Patrick 11:15			
Round	Muscle up	Wall ball	Row	Round	Muscle up	Wall ball	Row
1	11	0	15	1	12	41	0
2	5	0	15	2	12	24	16
3	5	0	12	3	9	0	16
4	5	0	14	4	7	26	15
5	4	0	10	5		29	23
6	5	0	14	6			10
7	5	120					

Streat 12:27				Willy 11:27			
Round	Muscle up	Wall ball	Row	Round	Muscle up	Wall ball	Row
1	12	45	23	1	15	45	33
2	8	35	22	2	13	45	25
3	5	20	0	3	8	30	0
4	5	10	0	4	4		22
5	3	10	0				
6	3	0	20				
7	3+1		15				

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Patrick		11:15									
240 reps	Total	Transition to Muscle up	Muscle up Total	Seconds / Muscle up	Transition to Calorie Row	Calorie Row Total	Seconds / Calorie Row	Transition to Wall Ball	Wall Ball Total	Seconds / Wall Ball	
Fastest	00:25	00:00	00:00	3.4	00:00	00:00	2.1	00:00	00:00	1.9	
Slowest	02:24	00:03	00:41	3.6	00:07	01:08	3.8	00:06	01:17	2.1	
Difference	01:59	00:03	00:41	0.2	00:07	01:08	1.7	00:06	01:17	0.2	
Total Time	11:15	00:09	02:18		00:23	04:11		00:17	03:57		
Average	01:36	00:02	00:20	3.5	00:03	00:36	3.1	00:03	00:40	2.0	
Work	10:26		02:18			04:11			03:57		
Transition	00:49	00:09			00:23			00:17			
% Work	93%		20%			37%			35%		
% Transition	7%	1%			3%			3%			

Annie		13:49									
240 reps	Total	Transition to Muscle up	Muscle up Total	Seconds / Muscle up	Transition to Calorie Row	Calorie Row Total	Seconds / Calorie Row	Transition to Wall Ball	Wall Ball Total	Seconds / Wall Ball	
Fastest	01:13	00:06	00:16	3.6	00:00	00:00	3.5	00:00	00:00	2.3	
Slowest	05:07	00:14	00:40	4.0	00:05	00:58	4.1	00:03	04:30	2.3	
Difference	03:54	00:08	00:24	0.4	00:05	00:58	0.6	00:03	04:30	-	
Total Time	13:49	01:06	02:30		00:30	05:10		00:03	04:30		
Average	01:58	00:11	00:21	3.8	00:04	00:44	3.9	00:00	00:39	2.3	
Work	12:10		02:30			05:10			04:30		
Transition	01:39	01:06			00:30			00:03			
% Work	88%		18%			37%			33%		
% Transition	12%	8%			4%			0%			

Willy		11:27									
240 reps	Total	Transition to Muscle up	Muscle up Total	Seconds / Muscle up	Transition to Calorie Row	Calorie Row Total	Seconds / Calorie Row	Transition to Wall Ball	Wall Ball Total	Seconds / Wall Ball	
Fastest	01:20	00:00	00:00	3.0	00:00	00:00	2.4	00:00	00:00	1.9	
Slowest	02:37	00:25	00:45	3.2	00:10	01:32	3.5	00:10	01:28	2.0	
Difference	01:17	00:25	00:45	0.2	00:10	01:32	1.2	00:10	01:28	0.0	
Total Time	11:27	00:55	02:03		00:21	03:52		00:23	03:53		
Average	01:54	00:11	00:20	3.1	00:04	00:39	2.9	00:05	00:47	1.9	
Work	09:48		02:03			03:52			03:53		
Transition	01:39	00:55			00:21			00:23			
% Work	86%		18%			34%			34%		
% Transition	14%	8%			3%			3%			

Streat		12:27									
240 reps	Total	Transition to Muscle up	Muscle up Total	Seconds / Muscle up	Transition to Calorie Row	Calorie Row Total	Seconds / Calorie Row	Transition to Wall Ball	Wall Ball Total	Seconds / Wall Ball	
Fastest	00:45	00:00	00:00	3.0	00:00	00:00	2.2	00:00	00:00	2.0	
Slowest	02:11	00:21	00:39	5.3	00:07	01:06	3.0	00:07	01:28	2.8	
Difference	01:26	00:21	00:39	2.3	00:07	01:06	0.8	00:07	01:28	0.8	
Total Time	12:27	01:14	02:26		00:20	03:43		00:26	04:18		
Average	01:23	00:09	00:16	3.8	00:02	00:25	2.7	00:03	00:32	2.2	
Work	10:27		02:26			03:43			04:18		
Transition	02:00	01:14			00:20			00:26			
% Work	84%		20%			30%			35%		
% Transition	16%	10%			3%			3%			