

THE TRAINING PLAN

PRE EVENT FUELING

Don't significantly change what you eat on the game day. Do what your body is used to. These are simply some ideas to help you think about your fuelling constructively. Your last whole food meal should be at least 2-hours prior, if not 3+ hours prior. You might prefer two smaller meals, with the second one consumed 1-2 hours before the workout. Stick with foods you are familiar with and know you digest well.

EXAMPLE

Full meal: 100-200 grams of chicken, fish, lean red meat, 1-2 cups of sweet potato, beetroot, rice or fruit.

Small snack ideas: carbohydrate energy bar, banana, yoghurt, low GI powder (eg. 3-Carb)

Keep fibrous and fatty foods to a minimum to allow good digestion, ie little to no veggies, some fat on meat, and/or cooking fat should be sufficient, just don't add extra.

Depending on preferences, consider a liquid carbohydrate supplement 30 minutes beforehand.

Carbs (CHO), pre-workout recommendations

Male: 30-50g CHO

Female: 20-40g CHO

Add 0.4-0.6g per kg/BW (bodyweight) carbs (powder, e.g. Vitargo, Gatorade etc) to your post-workout drink or use a ready-made sports drink solution.

Supplements (at least 3-hours before)

5-10g creatine.

Supplements (1-hour before)

3-6mg/kg caffeine (60-90mins before the event, more is not always better. Know your ideal level of stimulation). If doing the event in the afternoon/evening, it's recommended that you avoid caffeine in the morning (and even for 1-2 days beforehand), to ensure you are more sensitive to the afternoon dose.

****If you find that caffeine gets you a bit jittery pre-event, pair it with 1 to 2 cups of black tea. The amino acid theanine found in tea can level out the jitters but retain the performance benefits. Or, you could supplement with l-theanine itself.**

Hydration

Drink 250-500ml water 2 hours before the workout starts, and then small sips as needed leading up to the start. Add an electrolyte tab to water if performing in excessively hot conditions. No drinking between sets, every second counts... You can take one last drink just before 3-2-1-GO, to get rid of that 'cotton-mouth'.

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WARM-UP

#1 - BREATHE BETTER

A. Diaphragm drill - 2 reps of each variation ([VIDEO](#))

B. Position-specific breathing (Hanging from a bar - Bottom of a squat)
3 to 5 x Full slow inhale (nose), Full slow exhale (mouth) in each position

Focus on expanding your breath into your lower back, sides and bottom of the ribcage. If something feels tight, take an extra BIG breath x 3 to that area.

#2 - REV THE ENGINE UP

A. Assault bike - 5 to 8-minutes @ very easy pace for blood flow (Mindset)

B. Row/Assault bike - *Do this one AFTER the Mobility prep for 20.4*

3 x 1-minute Row/2-minute Assault bike, start easy, build the pace progressively each minute and each set until you are sweaty, breathing fairly heavy and feel your HR has touched your threshold. Do not go so fast as to feel your legs or back are pumped by the end.

If you tend to “gas out” early in the workouts, spending more time slowly ramping your engine up (without going to muscle fatigue) will help.

#3 - MOBILITY AND MOVEMENT PREP

A. Warm-up Flow ([VIDEO](#))

Move through 2 to 3 rounds, if you find tight areas, pause to take a few breaths there, before moving on

B. Joint specific mobility (as needed)

1. [Ankle Flow](#)
2. [Ankle mobility](#)
3. [Kettlebell Flow](#)
4. [27 Squats](#)
5. [Front rack mobility drill](#)
6. [Wrist warm up](#) (for the cleans)
7. [Hip Mobility](#)

*If you have any movement restrictions (ankles, overhead, hinging for example), spend more time here to improve your positions, breathing and efficiency. You can repeat the position-specific breathing from the start, in your newly gained range, once you've done your mobility work. **Time spent here will pay off on the pistols and heavier barbells.***

The Training Plan - CFG Open Manuals - 20.4 - Fuel and Warm Up

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

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From here on, rotate through the movements as you continue the warm-up. Clean and jerk and pistols are likely to take most of your time. Focus on quality over quantity here. Be intentional on each repetition and keep the overall volume low.

For pistols, the most important thing is to feel confident that you can move through the range of motion/meet the standards. For the CnJ you're looking to a) build to a weight that makes you confident to get started (you'll have plenty more "warm-up" for the heavier weights during the workout), and b) be ready to transition from power clean/jerk to squat clean/split jerk when needed.

C. Clean & Jerk

- a. *Repeat the following 1 - 3x with increasing load, break sets as needed*
 - i. *3 x hang clean high pull*
 - ii. *3 x hang muscle clean + 3 x strict press*
 - iii. *3 x tempo front squat @ 33X1 (3 seconds down, 3-sec hold at bottom, explode up, 1-sec hold at top) + 3 push press*
 - iv. *3 x hang power clean to FS (hold PCIn receiving position each time, receive each rep little deeper)*
 - v. *3 x clean pull under + 2 - 3 push jerk*
 - vi. *3 x hang (squat) clean + 2 - 3 split jerks*

- b. *Build up to 80-90% of the heaviest weight you plan on doing (NOT heavier than 285/185lbs and NOT heavier than 90%1RM). Save your best/biggest lifts for the workout.*
 - i. *Emphasise quality of your movement (especially setup and receiving positions), make sure you are comfortable setting up for quick singles and transitioning from power to squat clean and from push/power jerk to split jerk when needed. You are not going to touch and go beyond the 1st barbell. One or two sets of 3 - 5 @ 95/65lbs is enough practice.*

 - ii. *You should match both the number of lifts (volume) and the weight (intensity) with what you're used to doing.*
 1. *If you need to get close to the heaviest weight for confidence then go a bit heavier*
 2. *if you're worried about getting too tired and prefer to save the bigger lifts for the workout, this is fine too.*
 3. *Aim to keep your weight jumps relatively big to avoid excessive lifting volume in the warm-up*
 4. *Make sure you hit at least 80% of heaviest expected weight in the warm-up (but no heavier than about 85-90% of your 1RM).*

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D. Single leg squat / pistol

- a. Box step-ups from the side of the box, start low and build box height up to 24/20" or 30/24", focus on control on the way down
- b. Banded pistol progression
 - i. Set up 2 - 4 thinner bands between (well secured) J-hooks in a squat rack
 - ii. Work through the following progression, reducing bands progressively as you feel ready until doing a full pistol, 3 - 5 reps each (stick w/ single leg squat only once ready)
 1. Squat w/ feet together or fist-width apart
 2. Squat down w/ feet together + stand up w/ single leg
 3. Single leg squat to bands

Focus on hitting the standards both at the bottom AND the top.

E. Box jump / box step up

- a. Explore these four (4) options as your warm-up, you can start at a lower box then move to 24/20"
 - i. Step up, step down - 5 reps / box height
 - ii. Box jump, step down - 5 reps / box height
 - iii. Step up, jump (drop) down - 5 reps / box height
 - iv. Box jump, jump (drop) down - 5 reps / box height

Once you've made your choice, do a few more repetitions of the variation you'll do in the workout. Focus on finding a good, effortless rhythm.

Make sure you're getting the full extension at the top of the box on each rep, before stepping/jumping down. Practice "dropping" vs jumping down ([check Ben Smith for an example](#)) to be more efficient. **Note that you must face the box squarely ([you cannot step/jump over from the corner](#))**

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#4 - FEEL AND PACING, FINALISE GAME PLAN

Choose the amount of volume you do here based on your experience (whether you need more or less warm-up to feel ready and confident, don't over-do it).

1. 1-Round

6 Box step-up/step down, 24/20"

3 (Power) clean and jerk @ 95/65lbs

6 Box jump, 24/20"

3 (Power) clean and jerk @ 95/65lbs

6 Pistols, alternating (IF you have them)

2. Review your plan. Be clear about pacing and your goals for each movement, transition and rest between lifts.

3. Set up your equipment so that you have a smooth workflow that supports your pacing plan.

4. You might want to spend a little more time on the Assault bike here to make sure your heart rate is elevated and you are sweaty before you start

5. If you are happy with your approach and feel sufficiently warmed up, rest 2 to 3-minutes before **CRUSHING the workout.**

Make sure your camera (and back-up camera) is set and that you're on the same page with your judge about the [standards](#).