

# 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 rings - Bottom of a squat w/ wall ball)  
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. Row** - 6-minutes @ easy pace, **Focus on finding a GREAT RHYTHM, LONG LENGTH** (of the pull) and **APPROPRIATE RATE** (strokes/minute) **NOT** on speed (calories/hour)

**B. Row/Assault bike** - **Do this one AFTER the Mobility prep for 20.5**

3 - 4 x 2-minute Row/1-minute Assault bike, start easy, build the pace progressively each minute and each set until you find your target pace on the row and 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 3 to 5 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. [Hip Mobility](#)
4. [Midline Flow](#)
5. [Pullup Flow](#)

*If you have any movement restrictions (ankles, hang overhead, squatting, 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 movement efficiency.***

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From here on, rotate through the movements as you continue the warm-up. Focus on quality over quantity here. Be intentional on each repetition and keep the overall volume low.

## C1. Row

1. Rowing stroke deconstruction - 1 to 2 rounds (if your rhythm is feeling off)
  - a. Legs only - 10 reps
  - b. Legs + Hips - 10 reps
  - c. Hips + Arms - 10 reps
  - d. Full stroke, Legs + Hips + Arms - 10 reps, focus on the exact reversal of stroke on recovery (arms + hips + legs)
2. Practice transitions on and off from the rower (very easy to lose time here), find a good strap/footpad setup for transitions

## C2. Wall ball

1. [27 squats](#)
2. Wall ball - Do a few sets of 4 to 8 with a specific focus on each set
  - a. 1) Find a good distance to the wall, 2) adjust stance width, 3) adjust foot position, 4) make sure you have an upright trunk and a good catch, 5) Find a good rhythm and a place to breath on each rep.
  - b. **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 the best for you.

## C3. Ring muscle up

[General Muscle Up warm-up](#) (select the parts that are relevant to your needs)

1. Elevated cat stretch - 10 pulses + 10 second hold
  2. Shoulder extension - 10 to 30-second hold
  3. Shoulder flexion/extension - 20 to 60 second hold
  4. Wall bridge - 10 to 30-second hold
  5. Prone arm raises - 10 reps + 10-second hold
  6. Reverse leg raise - 10 reps + 10-second hold
  7. Arch rocks - 10 reps
- a. **If you have muscle-ups**
    - i. 1 to 2 rounds of
      1. [Kipping ring row](#) - 5 to 8 reps
      2. [Muscle up transition drill](#) (feet on the ground) - 3 to 5 reps
      3. [Kipping beat swing](#) - 4 to 8 reps
  - b. **If you are going for your first one**
    - i. 1 to 2 rounds of
      1. [Kipping ring row](#) - 5 to 8 reps
      2. [Single leg kipping transition](#) - 3 to 5 reps
      3. [Ring MU timer drill](#) - 1 to 3 reps as singles

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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. 2-Rounds (race pace)**

*1 - 2 Ring muscle up*

*6 - 9 Wall ball*

*8 - 12 (cal) Row*

OR

*If no Muscle-ups (yet):*

**3-Rounds (race pace)**

*6 - 9 Wall ball*

*8 - 12 (cal) Row*

**2. Review your plan. Be clear about target sets and when to adjust the plan for each movement. Account for the time in transitions and consider movement order one more time.**

**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.**