

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 20.4 with confidence, efficient movement and good pacing.

For the box jumps, see yourself jumping effortlessly and landing gracefully, hips, knees and ankles extending powerfully and smoothly, arriving on the box lightly and with control, every rep looking the same as the one before it. Your breathing is deep and controlled, fuelling the work. Think words like 'explode', 'steady' and flow.

As you move to the Clean & Jerks, again, visualise your face and how calm it is. Your breathing is even, matching your steady, controlled pace. Your grip feels strong and relaxed as you flow through the repetitions. You are powerful, efficient and display confident control of the barbell.

As the barbell gets heavier, you continue to pick it up with confidence. Moving through the singles, you'll have a smile on your face as you know you will get through them.

During the pistols, we're looking for steady progress. Picture your face relaxed, your breath is even and unrestricted by your position. Your body is upright, balanced and moving with minimal effort.

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 a 20-minute AMRAP for most athletes, and the increasing loads and technical demands of the single-leg squats make each repetition high value. We want a present, optimistic mindset 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', 'COME ON!!!' and anything else that will keep you present, focused on what you need to do, and determined to keep moving.

When the clean and jerk gets challenging, FOCUS and COMMIT fully to each repetition. If you miss, patience, not frustration, is your friend. Take it as a challenge, rest (breathe) and hit the next one hard.

If the pistols start to feel hard, just take a breath and focus on one repetition at a time. Go back to your mental image of a perfect, effortless rep, and seek to manifest that in your own movement.

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.