

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 20.5 with confidence, efficient movement and good pacing.

For the muscle-ups, picture your body in long, elegant, hollow/arch shapes. See yourself floating effortlessly up above the rings, hips extending powerfully and smoothly, every rep looking the same as the one before it. Your breathing is deep and controlled, fuelling the work. Think words like 'pop', 'up' and 'float'.

As you move to the wall balls, again, visualise your face and how calm it is. Your breathing is even, matching your steady, controlled pace. Your torso is tall, your shoulders are relaxed as you flow through the repetitions. You are powerful, efficient and consistent; every rep looks the same. Moving through the sets, you'll have a smile on your face as you know you will get through them.

During the row, we're looking for a strong start and a steady effort from then on (or increasing the pace if you have completed all other reps). No matter the strategy, picture your face relaxed, your breath is even and unrestricted by your position. Every stroke is matched to your breathing and looks exactly the same as the one before it. Imagine the sound the flywheel is making as you extend powerfully into each stroke, signalling your competence and control of this machine.

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, thanks to the high reps and technical demands of the movements. Each muscle-up repetition is of high value. We want a present, optimistic mindset to work through this. You know your ability, so [make an honest and realistic plan](#) to ensure the best possible result for you.

Use micro-goals within the movements and turn them into mantras to fill your mind with positive self-talk. Try 'smooth', 'easy', '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.

Focus on a few [actionable cues on the muscle-ups](#) and commit fully to each attempt/repetition you make.

If the wall balls start to get tough, just take a breath and focus on one mini-set at a time. Go back to your mental image of a perfect, effortless rep, and seek to manifest that in your own movement.

On the home stretch of the row, FOCUS and COMMIT fully to each stroke. These are the final moments of 20.5 and of the 2020 Open, bring all of your physical and mental effort to bear on a strong finish.

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.