

BIG DAWGS

OPEN STRATEGY GUIDE

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OPEN WORKOUT 19.1

Complete as many rounds as possible in 15 minutes of:

19 wall-ball shots

19-cal. row

Women: 14lb WB to 9'

Men: 20lb WB to 10'

WARM-UP

- A. 10-12 minutes of blood flow work
 - B. Open up hips and ankles as needed
 - C. 3-5 sets
 - 1 min row
 - 10-12 WB
 - 90 sec rest/walk-
 - *70/80/90/100/110% of **RACE PACE**
- rest until recovered prior to workout-

*NOTE: if you are a powerful person, consider a few more sets in the warm-up or perform an AM aerobic session to dampen you out.

STRATEGY

Equipment

- Nice, tight set-up
- A rower that you are used to
- Have a friend to reset the rower each set
- Clean rower
- Ensure the ball is round. No knots or wonky spots
- When determining a target or a wall, use what you are comfortable with

Workout Strategy

- When considering damper on the rower, opt for a lower setting to keep the drag lower and increase the opportunity to keep the workout aerobic.
- Consider rowing a bit under your 2k pace.
 - ie 7:00 2k row personal best=1:45/500m ish=1350 cal/hr

***see chart below**

- Ensure the foot straps are loose enough to go in and out without having to tighten and loosen.
- You are rewarded by producing power, the pace on the rower is the separator here due to the slower turnover on the wall ball

500m Pace	Cal/Hr	Calories	Time Rowed
0:01:30	1952	19	0:00:35
0:01:32	1847	19	0:00:37
0:01:34	1750	19	0:00:39
0:01:36	1661	19	0:00:41
0:01:38	1580	19	0:00:43
0:01:40	1505	19	0:00:45
0:01:42	1435	19	0:00:48
0:01:44	1371	19	0:00:50
0:01:46	1311	19	0:00:52
0:01:48	1256	19	0:00:54
0:01:50	1205	19	0:00:57
0:01:52	1157	19	0:00:59
0:01:54	1113	19	0:01:01
0:01:56	1072	19	0:01:04
0:01:58	1033	19	0:01:06
0:02:00	997	19	0:01:09
0:02:02	963	19	0:01:11
0:02:04	932	19	0:01:13
0:02:06	902	19	0:01:16
0:02:08	874	19	0:01:18
0:02:10	848	19	0:01:21
0:02:12	824	19	0:01:23
0:02:14	801	19	0:01:25
0:02:16	779	19	0:01:28
0:02:18	758	19	0:01:30
0:02:20	739	19	0:01:33
0:02:22	721	19	0:01:35

OPEN WORKOUT 19.2

Beginning on an 8-minute clock, complete as many reps as possible of:

25 toes-to-bars

50 double-unders

15 squat cleans, 135 lb.

25 toes-to-bars

50 double-unders

13 squat cleans, 185 lb.

If completed before 8 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars

50 double-unders

11 squat cleans, 225 lb.

If completed before 12 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars

50 double-unders

9 squat cleans, 275 lb.

If completed before 16 minutes, add 4 minutes to the clock and proceed to:

25 toes-to-bars

50 double-unders

7 squat cleans, 315 lb.

Stop at 20 minutes.

WARM-UP

*Know where you sit

General warm up:

3 rounds EZ:

10 Cal AB

10 Alt Step Ups @ 20/24"

10 Sit Ups

10 Air Squats

30 Single Unders

+

Specific Warm Up:

Open up:

Hips

Bottom of Squat

Lats

Shoulder Flexion

+

**Avatar 1 (probably won't get past first 8 min)

3-4 sets:

25-35 sec AB @ 90-95% tough effort

-2-4 min walk

*get some lactate in the system

+

CP Build:

Build to a tough squat clean 80%

-snappy / fast

+

2-4 sets @ increasing pace:

15 Cal Row

10 Tuck Ups

20 DU's

2-4 Squat Cleans -fast (lighter load)

-rest/walk 90-120 sec-

+

Rest

+

19.2

**Avatar 2 (aiming to get into 275+ bar for males)

CP Build:

Build to a tough squat clean 80%

-snappy / fast

+

3-4 sets @ increasing pace per set:

15 Cal Row

5-10 T2B (*know your volume/capabilities here)

25 DU's

1-3 Squat Cleans (135-275)

-rest/walk 90-120 sec-

+

Rest

+

19.2

STRATEGY

Equipment

Toes to bar

- Make sure that you aren't wasting a lot of energy jumping highly to the pull up bar, use a bar that you are frequently used to in terms of grip, feel, tape, etc.
- Setup yourself with blocks or a step up so that the bar is just out of reach from your outstretched hands
- Use grips if you are used to moving them on/off for the squat cleans. You need to have trained with them prior to or else it will feel very very awkward.

Double Unders

- You need to have 2 ropes with the second rope READY to go if the first rope breaks
- Anybody with long hair needs to tie it up tightly so that the rope doesn't get into it

Squat Cleans

- Get a barbell that spins VERY well
- Use competition bumper plates if you have them – the barbell will have less bounce for your drops (lots of drops this week)
- We recommend that you either have your bars pre-loaded or have people (smart and aware people so that they give you the right weight) load your bar to the next bar's weight in between each round of cleans
- If people are loading the bar – have the plates pre-setup so that there is no guessing and no having to find which plates are needed
- Have a specified place where the clips will go when weights are being changed so that the person doesn't lose the clips under the other plates
- While there is an awareness needed from the loaders they shouldn't feel stressed because they will have the time that it takes to do 25 toes to bar and 50 double unders to change the barbell

Workout Strategy

Overall Strategy:

Your practice in extended toes to bar workouts is going to be a big indicator so fraction the toes to bar well (more below).

Toes to bar:

Your max rep set means NOTHING in this workout. You need to look at how you do when you need to go deep into your muscle endurance. Looking at your 75 toes to bar for

time workout would be a great idea. Let's be clear, though, don't do that workout this weekend to see where you sit haha. In this case look at how you did in Open Workout 14.4 on the toes to bar. If you needed to do 5/5/5/5.....assuming you are a similar athlete to then you would want to start with those same rep counts up front on this workout

Fraction your reps early: 99+% of the world needs to break up toes to bar right out of the gates. If you try to be a hero early you will be stuck in the mud early. You won't be doing 5's if you are tired, you will be doing singles and doubles. You will also be burning out your CP battery for the cleans if you push too quickly on toes to bar.

o If you plan to go smaller sets right away you MUST KNOW that you cannot be waiting around under the bar, it is 1-3 seconds max. If you begin walking around you are in trouble with time

Mechanically Sound: you will be able to remain consistent on the toes to bar for longer because you aren't spitting off energy as much

Mechanically Poor: you need to be very smart early and fraction these reps because you won't be able to sustain 3+ reps

Breathing on the extension of the toes to bar is more of an exhale

Double Unders:

No reason to break these. The key is to breathe calmly to catch your breath as well as put the tension into the wrist without changing your habitual mechanics
Squat cleans – We do not see a reason to try to touch and go these reps early

Numbers of Attempts:

2-3 attempts at this workout is VERY doable for most people.

2 attempts max For people getting into 225/145 or 275/175

1 attempt for anybody at 315/205 because your score is likely going to be solid for a regional score. Make sure to check out where you sit just in case

OPEN WORKOUT 19.3

200-ft. dumbbell overhead lunge 50/35#
50 dumbbell box step-ups 24/20"
50 strict handstand push-ups
200-ft. handstand walk

Time cap: 10 minutes

WARM-UP

10 min General Warm-Up:

10 Cal Row

10m Bear Crawl

30 Single under

2/arm TGU @ light load

+

Thoracic Flow Work

*Get your T Spine and Scapula rotating well

+

Specific Prep:

Shoulder Flexion

Thoracic Rotation

*Know what areas you need specific work on; not too much but enough to feel confident on your HSPUs

+

19.3

STRATEGY

We are going to break the strategy into three separate groups. These groups are essentially broken up by strict HSPU ability as this where this workout is "won or loss".

To determine this ability we will use a specific key performance indicator that we test with our clients, 5 minutes, max strict handstand push-ups.

Group 1

This group will work to get to the HSPUs and get as many reps as possible when they get there. This group could do this workout 2-3 times based on the lower volume of HSPUs that is expected. Getting through the OH Lunge and Box Step-Ups shouldn't tax the OH position enough to have a major effect on the HSPU. The goal for this group is to fraction the sHSPU in singles to triples. Must **Chip** away here.

5 min sHSPU Score: 5-30

Group 2

This group will get deep or possibly through HSPU. This group could do 2, 3 would be a stretch based on the volume of HSPUs that will be performed. This group is moving through the first 2 movements to give themselves as much time as possible to get through the HSPUs. This group is looking at 5s on the HSPU. Must **prevent failure** here!

5 min sHSPU Score: 30-60 reps

Group 3

This group will get through the HSPU and deep into or possibly finish the HSW. This group could go 1-2 attempts. This group is moving with intent through the first 3 pieces and are looking to get deep or finishing the HSW. Once getting to the HSW, stay calm and breathe through each step. If you fall here, you must **Push**.

5 min sHSPU Score: 65+

Equipment

Not much to consider as far as equipment this week. We recommend a hexagon DB for ease of placing on the shoulder during the box step-ups, a flat surface so you can find your rhythm on the step-ups and a gymnastics mat that has some bounce for the HSPUs.

Ensure that you think your set-up through in terms of when you are finishing the lunge so you can move right into the box step-ups (start the lunges where your box is set-up as you will end there).

OPEN WORKOUT 19.4

12 min time cap

3 rounds for time:

10 Power Snatch 95/65

12 Bar Facing Burpees

-3 min rest-

3 rounds for time:

10 BMU

12 Bar Facing Burpees

*Review the rules and standards

WARM-UP

12 min EZ:

10 Cal Row

10 Russian KBS @ 24/32kg

10 Push Ups

30 Single Unders

30 sec Ring FLR

+

Blood in the triceps

+

5 sets:

2 Bar Facing Burpees

1 Power Snatch

-Building to a tough single; not a max but tough

+

3-4 sets @ 95%/High Effort:

5 Power Snatch

4 Bar Facing Burpees -fast

30 sec AB - HARD

-rest/walk 3-4 min-

*good power on the bike; want to feel a little crappy

+

Rest/walk 6-8 min

+

Hit it

*NOTE, YOU MAY WANT TO DAMPEN YOURSELF IN THE AM WITH AEROBIC ROW REPEATS IF YOU ARE A VERY POWERFUL ATHLETE

EQUIPMENT

Ensure you have a barbell with a good spin.

Opt for plated that have minimal bounce.

Good bar for BMU - grippy (potentially no wraps, maybe take off after the first set)

Tight set up for those getting deep into BMU / finishing - notice how they dropped right from the bar onto the ground to start burpees

*start facing away from the BMU bar

STRATEGY

Group 1: Getting BMU reps

- Fraction snatches 5/5 or 6/4 with faster burpees
- Will have lots of time to recover
- For Big Dawgs Athletes, think 85-90% paced intervals
- BMU: Jump into the bar, toes up, get glide kip going

Group 2: Aiming to finish

- Must push the first part
- Be smart with breaks on BMU (want to keep good sets, staying clear of singles)

Group 3: Finishing with speed / winning

- Sub 3 min on the first part
- Good sets but fraction early; need to stay on it; No singles
- Good tempo on burpees

FUEL

Want to be relatively fasted, not too much in the gut; nothing heavy

REPEATS

- Group 1 can hot this one 2-3 times
- If you are finishing and aiming for better time, limit this one to 2 times max

OPEN WORKOUT 19.5

33 - 27 - 21 - 15 - 9

Thrusters 95/65 lb.

Chest to bar pull ups

WARM-UP

General Warm Up:

15 minutes @ 50%/EZ:

12 Cal AB

8 Walking Lunges

8 Air Squats

12 Cal AB

8 Push Ups

8 Ring Rows

Specific Prep:

Ankle Mobility Work (see warm up section)

(Emphasis on range of motion and opening up the joints)

+

Wrist Mobility Work (see warm up section)

(Emphasis on range of motion and opening up the joints)

+

Lacrosse Ball; Pec & Tricep (2 minutes / side) x 2 sets

Foam Roller; Lat & T Spine Extension (1 minute back and forth) x 2 sets

+

Front Squat Openers; 1-2 minutes per side x 1-2 sets (active back and forth; make it FEEL GOOD before moving to CP Hit)

+

Glute Prep:

Single Leg RDL w/ DB in opposite hand; 5 / leg x 2 sets (slow and controlled)

Star Plank; 20-30 seconds / side x 2 sets (get that glute turned on)

+

CP Hit

Against a 10 min clock:

Build to a tough Thruster triple from the floor

+

Weighted C2B; Build to a tough double in less than 8 min; couple tough sets

+

Group 2 and 3 athletes:

3-5 sets @ 85-90% (Increasing effort per set):

20 Cal AB

3-5 Thrusters @ 100/65

3-4 C2B

3-5 Thrusters @ 100/65

3-4 C2B

-rest/walk 2-3 min b/t sets-

*start @ 75% and build

*watch VOLUME of reps

Group 1 athletes:

3-4 sets:

2 Thrusters

2 C2B

30 sec AB @ 95% / Hard Effort

-rest/walk 5-6 min-

*Get a little icky feeling but don't burn it down

STRATEGY

1st Group: Max UB C2B = 30 or less / 4-6 min "Fran" time

33's

Thrusters: 4-5 sets (9/8/8/8) / (7/7/7/7/7/5)

Pull Ups: 5-7 sets (3's to 5's)

27's

Thrusters: 4-5 sets (9/9/9) / (10/9/8)

Pull Ups: 5-6 sets (3's to 5's)

21's

Thrusters: 2-4 sets (7/7/7) / (6/6/5/4)

Pull Ups: 3-4 sets (3's to 5's)

15's

Thrusters: 2-3 sets (5/5/5) / (6/5/4)

Pull Ups: 2-3 sets

9's

Thrusters: 1-2 sets (5/4) / 9

Pull Ups: 1-3 sets (5/4) / (3/3/3)

2nd Group: Max UB C2B = 30 to 40 / 2:45-3:45 "Fran" time

33's

Thrusters: 3-5 sets (12/8/8/4) / (11/11/11)

Pull Ups: 4-6 sets (5's) / (7/6/5/5/5/5)

27's

Thrusters: 3-4 sets (10/9/8) / (9/9/9)

Pull Ups: 4-6 sets (6/6/5/5/5) / (5's)

21's

Thrusters: 2-3 sets (11/10) / (7/7/7)

Pull Ups: 2-3 sets (7/7/7) / (13/8)

15's

Thrusters: 2 sets (10/5)

Pull Ups: 2-3 sets (10/5) / (5/5/5)

9's

Thrusters: 1 set (9)

Pull Ups: 1-2 sets (5/4)

33's: 8-7-6-5-4-3

27's: 7-6-5-4-3-2

21's: 6-5-4-3-3

15's: 6-5-4

9's: 5-4

*descending sets

3rd Group: Max UB C2B = 40+ upwards of 60+ / Sub 2:30 "Fran" time

33's

Thrusters: 2-3 sets (11/11/11) / (18/15)

Pull Ups: 3 sets (11/11/11) / (15/12/6)

27's

Thrusters: 2 sets (15/12)

Pull Ups: 2-3 sets (15/12) / (12/10/5)

21's

Thrusters: 2 sets (12/9) / (15/6)

Pull Ups: 2 sets (12/9) / (15/6)

15's

Thrusters: 1-2 sets (10/5) / 15

Pull Ups: 1-2 sets (10/5) / 15

9's

Thrusters: 1 set 9

Pull Ups: 1 set 9

For an example, Tia Clair Toomey's partitioning and time splits:

18/15 - 57 sec

11/11/11 - 1:46

15/12 - 2:49

15/12 - 3:38

11/10 - 4:41

9/7/5 - 5:38

10/5 - 6:22

8/4/3 - 7:02

9 - 7:26

9- 7:48

EQUIPMENT

Ensure you have a barbell with a good spin.

Opt for plated that have minimal bounce.

Good bar for pull ups - grippy (potentially no wraps, maybe take off after the first set)

Tight set up

FUEL

Want to be relatively fasted, not too much in the gut; nothing heavy

REPEATS

- If you are finishing and aiming for better time, limit this one to 2 times max
- Keep in mind that the volume of pull ups is large and if you're not used to that volume your body won't recover and you might have tears on your hands

**BIG
DAWGS**