

BIG DAWGS

OPEN STRATEGY GUIDE

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OPEN WORKOUT 20.5

Workout description:

40 Ring Muscle Up

80 Cal Row

120 Wall Ball 14# / 20# to 9' / 10'

**You can partition the reps however you choose

Athlete Results

Annie Thorisdottir

- 13:49

Patrick Vellner -

- 11:14

Warm Up

The warm-up below was created to help athletes prepare for the required work. Do not skip it. You can scale the warm-up repetitions and volume based on your personal ability and needs.

A. General Prep

15 min EZ:

15 Cal AB

10 Alt Step Up @ 20/24"

5 Burpees

10 Air Squats

5 Toes Thru Rings

General preparation work is meant to get the body moving and blood flowing. When blood is flowing to your muscles, those muscles are better able to receive the oxygen and other resources they need to contract and perform.

B. Dynamic Prep

- Hips (want to ensure your squat position feels perfect; think more dynamic based up front -> walking lunges, skipping, Karaoke, etc.)
- Hip Flow, 90/90 rotations (then move into a bit more specific hip based work IF you have tighter hips)
- Foot based single leg rotation work (glute airplanes, single leg RDLs)
- T Spine (rotation based work -> prone thoracic rotation)
- Open up the lats, lacrosse ball on the pec minor and tricep long head (want to ensure the scap can move appropriately)

C. CP Hit

Hang Squat Clean - Build to a moderately tough set of 2 in less than 8 min
Maintain your upper back position, hit something that jazzes you up

D. Specific Prep

2-4 sets @ game pace (this workout will take between 11-20 min, so think of your cadence based on where you feel you will finish when executing these)

10 Cal Row
2 RMU
5 WB
10 Cal Row
5 WB
2 RMU
10 Cal Row

90-120 sec rest

*Ensure you feel recovered before each set, don't rush it, walk away from these feeling solid and confident

E. 20.5

F. Cool down

20 min flush on the fly wheel bike, down regulate, do not skip this!

Equipment

Rings - Make sure that you have your rings just outside of your shoulder width in terms of the width between the rings

Wall Ball - Make sure you have a round ball that doesn't somehow bounce funny on you

Rower - You must make sure you have a fresh battery in the rower so that it doesn't turn off on you. You could have a backup rower just in case as well. Get your feet setup to get in/out quickly even if you're only doing a few row sets

Chalk - You may need some chalk next to the rings, but you shouldn't need to chalk anytime on the rower or wall ball. Place the bucket close to the rings. You should pre-chalk your rings as well.

A shirt + wrist/headband so that you don't lose grip on the clean

Avatars

Avatar 1

Max Unbroken Set of Ring Muscle Up: 15-30 reps

Similar to Pat Vellner's breakdown (bigger MU sets upfront with WBs mixed in)

12 MUs

40 WB

8 MUs

20 WB

20 Cal Row

8 MUs

20 Cal Row
8 MUs
20 WB
4 MUs
20 Cal Row
20 WB
10 Cal Row
20 WB
10 Cal Row

Avatar 2

Max Unbroken Set of Ring Muscle Up: 5-14 reps

4 Rounds:
4 Ring muscle-ups
10 Wall ball shots
2 Ring muscle-ups
10 Wall ball shots
2 Ring muscle-ups
10 Wall ball shots
2 Ring muscle-ups
Row 20 calories

Avatar 3

Max Unbroken Set of Ring Muscle Up: 1-5 reps

10 rounds:
4 MU
12 WB
8 Cal Row

0-7 min
Max RMUs
7-20:

4 rounds:
20 Cal Row
30 WB
*in remaining time, MUs

Strategies

Notes:

- Keep your output high on the rower do not use it as rest, this will eat up a lot of time
- Stay in control on the muscle ups, break before fatigue hits on sets
- No missed reps on Wall Balls

Nutrition

20.5 requires a high demand of oxygen to your extremities . Because of this, you don't want a lot of food in your gut. Fasting two hours prior to this workout is an excellent idea, maintaining your energy with BCAAs. If you happen to be tackling this workout in the morning, it is acceptable to have a good meal the night before and stay relatively fasted or a very light meal before you go.

Redo's?

You will be able to redo this workout, so plan for 2 attempts if your first go at this does not go as planned. Give yourself 48 hours minimum to be fresh and allow local muscle soreness to subside.

Notes on the movement standards:

Ring Muscle Up:

- The rep is credited when the elbows are fully locked out in the support position.
- Must pass through some portion of a dip before reaching lockout.

- Kipping is allowed, but swings or rolls to support are not permitted.
- No part of the foot may rise above the rings during the kip.

Rower:

- The monitor on the rower must be set to zero calories at the beginning of each row.
- Athletes may receive assistance in resetting the monitor to zero if they split the row into multiple sets.
- When exiting the rower, credit will be earned for the calories displayed at the time the handle is released.
- If working up to the 20-minute mark, credit will be earned for the calories displayed when the clock reaches 20 minutes (There will be no credit for rollover calories after the time cap).

Wall Ball:

- The rep is credited when the center of the ball hits the target at or above the specified height.
- If the ball hits low or does not hit the wall, it is a “no rep.”
- If the ball drops to the ground from the top, the ball must settle on the ground before the next rep; it cannot be caught off the bounce.

OPEN WORKOUT 20.4

For Time:

30 Box Jumps 20' / 24'

15 Clean and Jerk 65# / 95#

30 Box Jumps 20' / 24'

15 Clean and Jerk 85# / 135#

30 Box Jumps 20' / 24'

10 Clean and Jerk 115# / 185#

30 Pistols (single leg squats)

10 Clean and Jerk 145# / 225#

30 Pistols (single leg squats)

5 Clean and Jerk 175# / 275#

30 Pistols (single leg squats)
5 Clean and Jerk 205# / 315#

Time Cap - 20 Min

Athlete Results

Ben Smith -

- Ben did rebounding box jumps with sets of
 - 30 unbroken
 - 30 unbroken - taking a little more time at the top
 - 30 unbroken

- Ben's clean and jerk sets
 - 95# - 10 / 5
 - 135# - 6 / singles for the rest
 - 185# - singles
 - 225# - singles

- Ben's Pistol sets were slow and methodical and essentially unbroken with a few extra seconds at the 15 rep range

Warm Up

The warm-up below was created to help athletes prepare for the required work. Do not skip it. You can scale the warm-up repetitions and volume based on your personal ability and needs.

A. General Prep

15 min @ warm up pace:

250m Row

10 KBS @ 35/53#

10 Alt Step Up @ 24/20"

10 Burpees

25 DU's

General preparation work is meant to get the body moving and blood flowing. When blood is flowing to your muscles, those muscles are better able to receive the oxygen and other resources they need to contract and perform.

B. Dynamic Prep

Choose these based on YOUR limitations; you don't need to do all of it

Hip prep in the warm up section (for those who have tighter hips)

+

Ankle Dorsiflexion Mobilization; 1-2 min / side x 1-2 sets

+

Bowler Squat; 10 / leg x 2 sets - in socks

Side Plank Clamshell; 10 / leg x 2 sets - in socks (slow)

+

Single Arm Bottom's Up KB Split Squat @ 2020; 8 / leg x 2 sets

Single Arm Bottom's Up KB OH Reverse Lunge; 6-8/ leg x 2 sets

C. CP Hit

Squat Clean and Split/Push Jerk - Build to a moderately tough single in less than 15 min

*If you are going to power clean, then warm that up. You should build up to roughly 78-84% of your current 1RM. This will ensure the brain is ready for the heavier loads.

D. Specific Prep

3 sets @ increasing pace:

15 Cal Row

6 BJSD

6 CnJ

4 Alt Pistols

3 CnJ

-2 min rest-

*increase loads each set

E. 20.4

F. Cool down - 20-30 min flush for the legs, hop on an airbike and down regulate

Equipment

Box

- Women - 20'
- Men - 24'

Barbell

- Women - 15kg (35#)
- Men - 20kg (45#)

Weight Plate Setups

- Women
 - 2 20kg (45#) plates
 - 2 10kg (25#) plates
 - 2 15# plates
 - 2 5kg (10#) plates
- Men
 - 6 20kg (45#) plates
 - 2 10kg (25#) plates

Chalk - You may need some chalk to help yourself tackle the clean and jerk portion of this workout. Place the bucket close to the barbell, so you don't need to walk far to chalk your hand. You should pre-chalk your bar as well.

A shirt + wrist/headband so that you don't lose grip on the clean

High Temp Weights - High temp weights are a bit more forgiving than your typical kilo or metal plates. They also can be dropped when needed without damaging your floor.

Belt - Specifically you should use a 'soft' and small weightlifting belt used by your typical CrossFitter, not a powerlifting belt. These types of belts allow you to breathe better, and are made for high repetitions.

Avatars

Avatar 1 (Pistols will be tough / limiter)

It will be best to step down on your box jumps to ensure you stay under your threshold. Make sure you prep for the pistol range of motion, WELL you do not want to feel tight or have any limitations on the repetitions.

Avatar 2 (225/145, 275/175 will be the limiter)

Warm up your clean and jerk well. You want to feel as if you could hit 90% before starting the workout. Stay collected through the box jumps. Find a cadence you can sustain and always future pace for the pistol rounds. Every rep is going to be crucial for this group. Any miss or extended breaks will cost you 100s to 1,000s of places.

Avatar 3 (Finishing the workout)

Your battery cadence is going to be highly important. Know your rests between reps so you can add small amounts of seconds as you fatigue to ensure you stay consistent with hitting a barbell every "x" seconds.

Wear the shoes you are most comfortable in.

Don't short change the rest between reps with the last 2 barbells (you can't afford missed reps). Pace your pistols so you can sustain your output and patience on the backend of this workout.

Strategies

Notes:

- Step down on BJSD / can "Step Up"
- Open up Pistol ROM
- Can Power Clean or Squat Clean
- Have to face the box (can't turn it)
- No missed reps

Nutrition

20.4 involves a great deal of hip hinging and plenty of brain power. Because of this, you don't want a lot of food in your gut. You will be Jumping up and down quickly so we do not want a lot of food in the gut as this will cause more drag then we want.

Fasting two hours prior to this workout is an excellent idea, maintaining your energy with BCAAs. If you happen to be tackling this workout in the morning, it is acceptable to have a good meal the night before and stay relatively fasted or a very light meal before you go.

Redo's?

You will be able to redo this workout, so plan for 2 attempts if your first go at this does not go as planned. Give yourself 48 hours minimum to allow your nervous system to recover as much as possible

Notes on the movement standards:

Box Jumps:

- You can step up and down
- You can NOT jump over the corner of the box
- You can NOT angle the box
- You can NOT touch your hands to the box
- Both feet must hit the ground and the box
- Your hips must open, your head must be aligned to your hips (straight up and down), and you must show control at the top of the box

Clean and Jerks:

- The barbell must be at a dead stop for you to pull it off the ground
- You can touch and go reps
- You can power clean, and you can power jerk, push jerk, strict press, or push press the bar to get overhead
- You can NOT bounce the barbell off the ground
- You can NOT snatch the barbell - it must clearly come in contact with the shoulders/clavicle, but you don't have to stop your motion from the clean to the jerk
- The rep is good when you are standing straight up and down with the barbell over head and in line with the shoulders and hips

Pistols

- You must start standing straight up and down
- Your non-working leg must stay in front of your body and not touch the floor during the rep
- You must alternate legs for each rep - if you receive a no rep, you must remain on that same leg until you hit the rep

- Your hip crease must get below your knee or your working leg at the bottom of the rep

OPEN WORKOUT 20.3

For Time:

21 deadlifts (weight 1)
21 handstand push-ups

15 deadlifts (weight 1)
15 handstand push-ups

9 deadlifts (weight 1)
9 handstand push-ups

21 deadlifts (weight 2)
50-ft. handstand walk

15 deadlifts (weight 2)
50-ft. handstand walk

9 deadlifts (weight 2)
50-ft. handstand walk

Time cap: 9 minutes

Men deadlift (weight 1) 225 lb. then (weight 2) 315 lb.
Women deadlift (weight 1) 155 lb. then (weight 2) 205 lb

**PLEASE NOTE WE WILL BE INCLUDING NOTES FROM 18.4 BECAUSE THIS IS A REPEAT OF THAT WORKOUT - namely, we'll break down what two additional great athletes did in that workout

20.3 Athletes Results:

Kristen Holte was absolutely impressive in this workout. She finished in 6:20

She never came off of the handstand push up wall, and the majority of her reps in each of the 3 rounds were strict to avoid the annoyance of the foot tape standard.

Her rounds were approximately:

21 deadlifts - 26 sec
 21 HSPU - 27 sec
 15 deadlift - 28 sec
 15 HSPU - 26 sec
 9 deadlift - 18 sec
 9 HSPU - 24 sec

21 deadlift - 1:05
 HS walk - 24 sec
 15 deadlift - 52 sec
 HS walk - 29 sec
 9 deadlift - 33 sec
 HS walk - 23 sec

18.4 Athlete Results - <https://www.youtube.com/watch?v=3vxCaZHWIc4>

Björgvin Karl Guðmundsson, who finished fifth at the 2017 Games, competed against perennial Games athlete and 2017's sixth-place finisher Scott Panchik.

While Björgvin maintained a lead in the first portion of this workout, he gassed himself out on the heavy deadlifts in the first round by going completely unbroken. This caused him to lose his position to Scott Panchik during the handstand walks on the second round of a modified 'Diane'.

Clearly, Scott was able to pace himself a bit better on the deadlifts and other movements earlier, which over the course of the workout allowed him to take a considerable lead over his opponent. Scott even paced the handstand walks at a slow steady pace to make sure he minimized the amount of no reps.

Below is a chart of the two athletes pace and completion of various sections of the workout.

MOVEMENT	REPS	PANCHIK			GUDMUNDSSON		
		TIME	TIME/ROUND	BREAKS	TIME	TIME/ROUND	BREAKS
21 Deadlift @ 225	21	0:32	0:32	3	0:29	0:29	0
21 HSPU	42	1:10	0:38	0	0:59	0:30	0
15 Deadlift @ 225	57	1:38	0:28	2	1:28	0:29	0
15 HSPU	72	2:14	0:36	0	2:00	0:32	0
9 Deadlift @ 225	81	2:30	0:16	1	2:20	0:20	0
9 HSPU	90	2:54	0:24	0	2:44	0:24	0

You can see from the above chart that Guðmundsson was a bit faster than Panchik on the first set of deadlifts, but this pace seriously affected his ability to maintain a consistent speed in the second part of this workout, which put him almost a minute behind Panchik.

Learn from Guðmundsson mistake. Don't let your ego dictate your pace and cause you to burn out. It could cause you to get a very bad score, and make this workout a very painful experience

Warm Up

This workout requires a great deal of upper mobility, hip-hinging, and being comfortable with being inverted. The warm-up below was created to help athletes prepare for the required work. Do not skip it. You can scale the warm-up repetitions and volume based on your personal ability and needs.

A. General Prep

15 minutes @ 50%/Warm Up:

15 Calorie Row

6 Alternating Turkish Get-Ups @ 16-24 kg

30 second Ring Forward Leaning Rest

15 Calorie Row

6 Kettlebell Swing

30 Second Handstand Hold against wall

General preparation work is meant to get the body moving and blood flowing. When blood is flowing to your muscles, those muscles are better able to receive the oxygen and other resources they need to contract and perform.

B. Dynamic Prep

Scap Preparation (*NEED to be as open as possible with arms overhead for HSPUs)

-Lacrosse ball: Lats / Pecs / Triceps; 2 min / side x 2 sets

-Side Plank Rotations; 5/side x 2 sets

-Single Arm Overhead Walks (scap engaged / active wrist); 50' / arm x 2 sets (moderate load)

+

Bending (*NEED to get hamstrings and glutes turned on and working)

Single Leg Dumbbell Romanian Deadlift; 5/leg SLOW (Dumbbell in opposite hand; move through hip) x 2 sets

- Double Kettlebell Front Rack Carry; 100' tough x 2 sets (elbows down and working on breathing while bracing)

Dynamic and activation work are always about getting the specific muscles being used in a workout to 'turn on'. This workout is very demanding on your shoulder mobility and upper body muscle endurance. This dynamic activation warm-up is designed to prepare your shoulders for this.

C. CP Hit

Deadlift @ 10X0; Build to tough triple in less than 8 minutes, adequate rest between sets (not a max, just tough to get Central Nervous System ready)

The Creatine Phosphate (CP) part of any warm-up is about preparing the nervous system for the work required.

D. Specific Prep

2-3 sets @ increasing effort per set:

15 Calorie Row

3 Deadlifts @ 225/155

3-6 Kipping Handstand Push-ups

3 Deadlifts @ 225/155

3-6 Kipping Handstand Push-ups

if going to next section (*Notice the range for Handstand walk)

3 Deadlifts @ 315/205

5-50' Handstand Walk (down and back)

3 Deadlifts @ 315/205

-rest 2-3 min b/t sets-

Specific Preparation portion of these guides are typically short or modified versions of the actual workout itself. This gives the athlete an opportunity to see a brief glimpse of what the workout will feel like and the pace at which they must go.

Specific prep is about making you feel comfortable and confident in the movement, not about tiring you out. Modify it as needed.

E. 20.3

F. 10-15 min cool down on Assault bike + Downward Dog & Child Pose Yoga Stretches to help open up erector muscles and promote recovery.

Equipment

Two Bar Setup

Chalk/Belt (one you can keep on)

Handstand Push-Up Wall

High Temp Weights

Mark Hand Location/ Keep Dry

5' Tape Lines for Handstand Walk

This is a fast, brutal and demanding workout. Because of this, the setup of your equipment needs to be tight and close together. You only have nine minutes to complete what amounts to basically two versions of 'Diane' which increases in difficulty exponentially into the second round with the handstand walk.

Two Barbells - You are allowed to have two barbells in this workout. In fact it's recommended that you use two barbells in this workout. This means you won't have to 'change' weights after you complete the first round. The second barbell should be located very close to the first barbell to allow for quick transition between rounds. A friend can move the first barbell out of your way before you tackle the second 21-15-9 section of this workout.

A Wall - Obviously, you are going to need some space on the wall for the handstand push-ups. Make sure the floor in which your hands will be placed is dry and clean. Wet floor could cause problems for not only your stability on the wall but also affect your ability to hold onto the barbell.

Chalk - You will need some chalk to help yourself tackle the deadlift portion of this workout. Place the bucket close to the barbells, so you don't need to walk far to chalk your hand. You should pre-chalk your bar as well.

High Temp Weights - High temp weights are a bit more forgiving than your typical kilo or metal plates. They also can be dropped when needed without damaging your floor.

Mark Your Hand Location - Be sure to clearly mark where you will place your hands every time you are going to kick up to the wall for the handstand pushups. This will provide a mark for you to hit and help you get your feet over the standard line each rep.

Belt - Specifically you should use a 'soft' and small weightlifting belt used by your typical CrossFitter, not a powerlifting belt. These types of belts allow you to breathe better, and are made for high repetitions.

Tape - According to the rules, you need to mark the space you will be travelling over for your handstand push-ups with tape. Use a white tape so the space and your reps are clearly visible on the camera.

Avatars

The strategy avatars for this week are based on an individual's skill and ability with three movements: The Deadlift, The Handstand Push-Up, and the Handstand Walk. Sort yourself according to where you know your skill is. The words 'bad' and 'good' are not meant to deride or praise your current ability, but provide an easy way to distinguish the Avatars.

Avatar 1 - Bad Deadlift / Bad Handstand Push-Ups / Bad Handstand Walks

Avatar 1 faces some considerable challenges in this workout due to their skill and strength limitations. Overall, this client's goal is not to complete the entire event under the time cap, but to complete 'Diane'

Ideally, this avatar should use a descending rep pattern on the deadlifts of 6/5/5/5 on 'Diane'. However, should this rep pattern prove unsustainable, it is acceptable to do one or two reps if needed. It is possible to adopt a pattern of singles and doubles and still complete the first portion of this workout with time to spare.

If you happen to make it to the handstand walk, take the time to practice your walk and don't be afraid of falling.

Avatar 2 - Good Deadlift / Bad Handstand Push-Ups / Bad Handstand Walk

These athletes may possess great strength, but lack the body control and coordination necessary for a large amount of handstand push-ups.

Despite the fact that you may be able to go unbroken, you should refrain from doing so. A descending rep set of 8/7/6 or 11/10 or 9/6 would be ideal. The rationale behind this is that you

should save your strength and effort to get through the handstand push-ups, not to get through the deadlifts as quickly as possible. You will fatigue too quickly.

Avatar 3 - Good Deadlift / Good Handstand Push-Ups / Bad Handstand Walk

This avatar can string together at least 12 -15 unbroken handstand pushups and has a good deadlift 'battery'. However, they have a hard time walking on their hands.

This avatar should use the same rep scheme as the last group on the deadlifts: 11/10 or 8/7/6. They should also consider partitioning the handstand push ups. These avatars should move quickly on the front end in order to maximize their time to take attempts on the handstand walk. They may not complete the workout, but they will get a chance to practice their walk.

Avatar 4 - Good Deadlift / Bad Handstand Push-Ups / Good Handstand Walk

This is rare athlete to find. Typically these individuals don't have trouble in inverted positions, but likely have trouble coordinating the handstand push-up into a fluid pattern and movement. These individuals need to pace themselves on the front end to save themselves for the portion of the workout they are good for, which is the second round.

These individuals should adopt a pattern on the deadlifts of 11/10 or even 5's or less. If you happen to be this individual group, do not push the handstand pushups to hard. You want to conserve your energy and make sure you don't miss any reps.

Avatar 5 - Bad Deadlift / Good Handstand Push-Ups / Good Handstand Walk - Smaller DL Sets; Singles @ Heavier Loads

These individuals don't have a good amount of strength, but they make up for it with their gymnastic ability. These individuals are likely gymnasts. If you happen to be in this avatar group, you should be patient with the deadlifts and pace yourself so as not to 'blow up' or get to frustrated with the weight. Chip away at the deadlift with sustainable descending sets even singles if you need to.

Avatar 6 - Good Deadlift / Good Handstand Push-Ups / Good Handstand - Patience @ 225

Avatar 6 are regional hopefuls with excellent gymnastic skill and strength. Overall, these individuals need to be patient with 225 despite how 'light' it may feel and pace themselves in a sustainable way. If you happen to be in this group, you should consider taking three breaks at the barbell on every set. When you get to the wall, make sure you get no missed reps. Take the

time to get your feet over the line for each rep. Don't control the descent on the handstand push-ups.

If you feel good on the second round, you can open up bigger sets on the heavy barbell. However, you still need to pace yourself.

Strategies

The theme of 20.3 is pacing and breaking up reps. This workout will quickly kill your engine if you don't pace or break up the reps in a way that is sustainable and repeatable.

Break Up the Reps - Don't try and squeeze through this as fast as possible. You should partition the reps to allow your body a chance to recover.

No Failed Reps on Handstand Push-Ups - Slow is smooth, smooth is fast. You do not want to get failed reps on the handstand push up. Take the time to not only memorize what the standard is for this movement, but also get your heels well and clear past the line, every rep.

Don't Go Unbroken on the Deadlifts - Do not attempt this workout by going unbroken on the deadlifts, you should really break them up. They should be broken up in consistent sets that are sustainable for you and can be done in a quick concise manner.

Know Your Capabilities - Knowing your own capabilities is critical to your success here. If you know you will have trouble meeting the standard for the handstand push-ups you need to save your energy to make sure you will miss as few reps as possible. Conversely, if you know you will have trouble on the deadlifts, you should break up the reps in a way that prevents you from blowing out your low back and allows you to continue.

Warm-Up Well - The warm-up we have created is designed to help you meet the movement standard of the handstand push-ups. Do not skip it. Spend more time than usual in your warm-up when preparing for 20.3.

Do Not 'PR' Diane - You don't get extra point for improving your time on 'Diane'. Scott Panchik was considerably slower by almost a minute on his pace for 'Diane'. Recognize up front that this workout is won by completing both sections in a sustainable pace, not running through part one as quickly as possible.

Nutrition

20.3 involves a great deal of hip hinging and orientation changes. Because of this, you don't want a lot of food in your gut. Going upside down and back standing quickly has a habit of making athletes feel nauseous, especially if they have a lot of food in their gut.

Fasting two hours prior to this workout is an excellent idea, maintaining your energy with BCAAs. If you happen to be tackling this workout in the morning, it is acceptable to have a good meal the night before and stay relatively fasted or a very light meal before you go.

Redo's?

This workout can be tackled no more than twice. Your recovery efforts and the avatar group you fall under are going to dictate this. Higher level athletes should tackle this on a Friday and Monday schedule, with only light work and training over the weekend. Ideally, you should not be tackling this workout more than once. However, if you need to go twice you can.

Low level and moderate athletes can tackle this two times without much of a problem because they won't be able to get as far into the workout as the elites. However, we'd still recommend a Friday and Monday attempt schedule.

Notes on the movement standards because there are often issues on all 3 movements:

Deadlift

This is a traditional deadlift with the hands outside the knees. Sumo deadlifts are not allowed. Starting with the barbell on the floor, the athlete lifts the bar until the hips and knees reach full extension, and the head and shoulders are behind the bar. The arms must be straight throughout. No bouncing. Two separate barbells may be used for deadlifting during the workout. If one barbell is used, the athlete may receive assistance with changing the load.

Handstand push up

Prior to starting, the athlete will need to establish the foot line on the wall for the handstand push-up. For the first step, measure the distance from the athlete's elbow to the athlete's middle knuckle while he or she makes a fist. In step 2, the athlete will stand with his or her back to the wall on the same surface the hands will be on, with feet at hip width and heels touching the wall. A line will need to be drawn on the wall, marking the height of the top of the athlete's head. From the mark for the top of the athlete's head (step 2), add half the distance measured in step 1 and make a second mark. This will be the height of the target line for the handstand push-ups. For example, if an athlete is 65 inches tall and measures 14 inches from elbow to knuckle, he or she would add 7 inches to the height mark for a final target line of 72 inches. Once the height of

the target line is established, mark it with a marker, chalk or tape. Judges may restore the line between rounds as needed. Every repetition of the handstand push-up begins and ends at the top of a handstand, with the arms fully locked out, the heels in contact with the wall, the hips open and the body in line with the arms. The athlete's heels must start the rep above the pre-marked target line. At the bottom, the athlete's head makes contact with the ground. If the head and hands are on different surfaces, the surfaces must be level. For example, if the hands are on plates and there is a pad under the head, the top of the pad must be level with the top of the plates. The feet do not need to remain in contact with the wall for the entire movement but must touch above the line at the beginning and end of each rep. Kipping is allowed.

Handstand walk

The handstand walk area must be divided into 5-ft. segments visibly marked on the floor. Ideally, the lane will have five consecutive segments, allowing a 25-foot walk in one direction and a 25-foot walk back. Walking more than 25 feet in one direction without turning around is not allowed. The athlete must start with feet BEHIND the mark denoting the start of the segment being attempted, and when kicking up, the hands (entire hand, including palm and fingers) must also start BEHIND the line. Stepping across the line or landing with the hands across the line when kicking up into the handstand constitutes a no rep. If at any time the athlete comes down from the hands, he or she must restart from the last increment crossed. Both hands, including palms and fingers, must cross the line marking the 5-foot increment to earn credit for that distance. Each 5-foot section will count as 1 rep.

Measure Twice - When you set yourself up to get a measurement for your handstand push-up section be sure to take the measurement twice. Ideally you should take a measurement before your warm-up and after it. Be relaxed when you take the measurement to obtain a manageable touch point, don't try to make yourself 'taller' than you actually are. You don't get extra points for being taller or making the handstand push-up touch point harder than it needs to be.

Camera Setup Tight - If you are using a camera to record this workout for submission, ensure that it meets all the standards required by the CrossFit® Games. You should position the camera in a place in which all your repetitions and movements can be clearly seen by the viewer.

OPEN WORKOUT 20.2

WORKOUT:

This week you'll be working on your double unders if you're in the elite category of athletes. The workout came out as:

AMRAP 20 Min

4 DB Thruster
6 Toes to Bar
24 Double Unders

DB weights:

- Women: 35#
- Men: 50#

Breakdown of an Elite Score

Carol Ann Reason Thibault put up 928 reps which was 27 full rounds + 10 reps (4 DB thrusters + 6 toes to bar).

In all 27 of her rounds she was sub 50 seconds, and in the bulk share of her rounds she was sub 45 seconds. She looked very cool the entire way, she went unbroken on all reps in all rounds, her equipment was close together and to the rig, and she didn't ever turn around - she backed up to the toes to bar from her DB's each round.

Putting up more than 928 reps is doable, but it'll likely require somebody shorter than Reason Thibault who puts their equipment even closer together.

Equipment

Equipment Distance -

Place your DBs and Rope Side by side 6 big steps away from the rig. This will keep you on point with your transitions allowing you to zone into your reps and pace. It will also give you enough space to do your double unders without hitting your rope on the rig. Remember that Carol Ann Reason Thibault didn't miss a single double under out of the 648 reps that she did on the rope, so you don't want to be screwing around having your rope hit things

Chalk and Sweat -

Chalk the bar where you will be gripping on the toes to bar, and go wider than you anticipate you'll need to grip on both sides. You do this because if sweat gets on the bar, you can move your hands right or left to have a drier spot.

Similar to the chalk, sweat will make a difference here if you're trying to keep the toes to bar unbroken. Wear sweat bands around your wrist to wipe the sweat out of your eyes.

Also, close to your station, have a towel just in case you need to grab it cause sweat slipped through.

DB's -

Always keep your DB's organized particularly on the return back to the ground. You don't want to have to move your DB's to start each set, so keep them tight as you finish each set on them.

Jump Rope -

Have a backup rope close at hand just in case your rope goes caput

Shoes -

Double or triple knot those bad boys. You do not want to clip a shoe with your rope or on the T2B and untie them or have to waste time retying a garbage knot.

Two ropes :)

Avatars

Group 1 - 15-17 rounds, round every 75-90 sec -

Set equipment up with some space between movements - this will help create a rhythm and consistency

Partition, ie “chip,” the T2B from the start of the workout so that you never get to the point of having to do single reps.

Partition DUs if needed. This will likely come into play as your shoulders and posture tire.

You'll want to keep a consistent tempo throughout this workout. Pay attention to your first few rounds, and if you're fast - figure sub 50-60 seconds, you may need to tone it back a bit right away.

Group 2 - 17 to 20 rounds, round every 60-70 sec -

You want to setup your equipment a bit farther away because you won't be limited by that distance, you'll actually recover a bit for whichever movement is your limiter.

You may decide to partition of T2B from the start as a way to do as few total sets throughout the entire 20 minutes. If you do, you'll likely want to start with 4/2 or 3/3 (for rhythm) and hold that for quite some time

Keep your DU's tight in the sense that you'll not want to have your hands go all over the place which brings in a bunch more shoulders. Reality, though, is that as you get into 2,3,400 double unders, your form will potentially want to break like we saw from Carlyne Prevost.

Group 3 - 20+ rounds, round under 60 sec

Now your equipment setup really matters. Keep it as tight as you can while still keeping distance for the rope to not hit the rig or DB's

Keep pushing for unbroken sets on T2B.

Find a rhythm and stick to it right out of the gates. Do not expect your rounds to degrade in time. By round 2, Reason Thibault was between 40-44 seconds per round and she did that until round 21. Rounds 21-25, she went 45-50 seconds, and then her last 2 rounds were right at 45 seconds. It was very smooth to watch. This workout won't end well if you come out trying to break round records.

Start to Finish Walkthrough - (0:00-60:00 Running Clock)

Aerobic Prep - 0:00 to 15:00

@ warm up pace:

20 Cal Row

10 Alt Step Up @ 24"

5 Push Ups

10 Air Squats

5 Toes Thru Rings

20 Single Unders

*Cycle through the movement at a sustained pace for the 15 minutes

Dynamic Range of Motion/ Mobility - 15:00 to 20:00

Hip Mobilization - want the bottom of your squat to feel solid

-90/90 Hip Flow

-Glute Prep

Plantar fascia and Calves - soft tissue work, lacrosse ball on bottom of foot, get blood in there to prevent pooling

Movement Preparation - 20:00 to 30:00

CP Build

A) Thruster From Rack

Build To a Moderate Triple

*make it snappy and solid

Workout Specific Preparation - 30:00 to 40:00

3 sets @ 80% of your game workout tempo:

20 Cal Row

-into-

3 rounds:

2-4 DB Thrusters @ 35/50#

2-4 T2B

10-15 DU's

-rest long enough to fully recover-

*Feel the tempo and rhythm you want to maintain for 20 rounds

Final Prep/Rest - 40:00 to 45:00

This time can be used for additional rest before you hit the workout.

Game Time - 50:00 to 65:00

20.2 (#SUSTAIN)

Cool Down 70:00 to 90:00

20 Minute Assault Bike

Flush your legs, DO IT!

Additional Notes:

Find your **rhythm** and stick to that

No grinding, all reps should be smooth and consistent

Partitioning reps is not a crime - if this will allow you to keep the tempo consistent do that

+

Set Up:

(Avatar 3) For those pushing for bigger scores, the set up can be tighter, but not too tight, want to keep a constant rhythm

(Avatar 2) For those in the 17-20 round category, a more moderate set up can help create rhythm and consistency in splits

(Avatar 1) For those in the 15-17 round category, a more moderate set up can help create rhythm and consistency in splits

OPEN WORKOUT 20.1

WORKOUT:

10 Rounds For Time:
8 Ground to Overhead
10 Bar Facing Burpee

Women: 65#

Men: 95#

15 Min Time Cap

STRATEGY BASED ON GOAL:

A) Goal is to finish under the time cap

- Go with Power Snatch or Power Clean and Jerk
- Aim to perform barbell reps UB allowing 55-60 seconds for the burpees
- Stay disciplined on consistent splits allowing a little gas for the final round
- Aim for 90 sec splits
- Allow 25-30 seconds for the barbell and 55-60 seconds for the burpees (giving some time for transitions)

B) Goal is to finish in 12-14 minutes

- Go with Power Snatch
- Stick to a pace structure
- Aim for 1:10-1:20 splits per round
- Stay disciplined in the front half so you can execute on the back end

C) Goal is to finish sub 10 minutes

- Go with Power Snatch
- Pace out the front half, you have to push the last 5 rounds no exceptions
- No chalk breaks
- Wear wrist bands to prevent a sweaty grip

Equipment

- Use a barbell with good spin
- Chalk the bar where your grip will be
- Use chalk as a place marker to where you want to step every rep for the bar jump over

Start to Finish Walkthrough - (0:00-60:00 Running Clock)

Aerobic Prep (0:00-15:00)

250m Row

20 Lunges

5 Hand Release Push Ups

250m Row

10 KBS @ 35/53#

5 Burpees

*Cycle through the movement at a sustained pace for the 15 minutes

Dynamic Range of Motion/ Mobility (15:00-20:00)

Get your core engaged, focus on your hips and lower back. You want to promote blood to those regions for the bending repetitions

Movement Preparation (20:00-30:00)

CP Builds

A) Power Snatch

Build to a moderate set of 3 TnG Power Snatch

*no pause at thigh, continuous movement, make it snappy and solid

B) Power Clean

Build to a moderate set of 3 TnG Power Clean to Overhead

*no pause at thigh, continuous movement, make it snappy and solid

Workout Specific Preparation (30:00-40:00)

15 sec Assault Bike @ 97% / Hard Effort

-rest 3-4 min-

20 sec Assault Bike @ 97% / Hard Effort

-rest 3-5 min-

30 sec Assault Bike @ 97% / Hard Effort

-rest as needed-

*You want to get lactate circulating in the blood, so it should feel a little uncomfortable but able to perform all sets. DON'T blow it out. HARD, not all out.

-Into-

2 sets @ game pace for YOU:

1 min Row @ 80% Sustained Pace

8 Ground to Overhead (perform the reps the way you intend to do them in the workout)

10 Bar Facing Burpees

*Feel the tempo and rhythm you want to maintain for 10 rounds

-into-

Final Prep/Rest (40:00-45:00)

This time can be used for additional rest before you hit the workout.

Game Time (50:00-65:00)

20.1

Cool Down (70:00-90:00)

20 Minute Assault Bike

-Flush your legs, DO IT!

**BIG
DAWGS**