

BIG DAWGS

OPEN STRATEGY GUIDE

TABLE OF CONTENTS

OPEN WORKOUT 19.1

3

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
 - *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. Keep the rower
 - 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

**BIG
DAWGS**