

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).

**BIG
DAWGS**