

OPEX Fitness Strategy Guide

Granite Games
Online Qualifier #2



EVENT DETAILS

Granite Games Qualifier 16.2

17 minute AMRAP

50 Row calories

50 Wall balls - 20bs to 10ft/14lbs to 9ft

50 Shoulder to overhead - 115/85lbs

50 Box jumps - 24/20"

EQUIPMENT

- Keep your overall work station tight; seconds add up in this one!
 - Your judge ought to help with turning on/off rower
 - Test the medicine ball to make sure it is not lopsided
 - Look to have no center knurl on the barbell for TNG repetitions off your shoulders; load the barbell with the stiffest plates possible and double-collar it
 - Pre-chalk everything; expect to get very sweaty today!
- Body temperature is CRITICAL for this length of event
 - Set the building to 76-80 degrees, if possible
 - If your building is without A/C, an early morning attempt gets you in to the coolest time of day
 - Less clothes, more water, and a floor fan are your friends otherwise
- Filming
 - There is a TON to be captured on film
 - Go through a round of 5 repetitions on each movement; then re-watch the video to ensure all movement standards are seen in frame
 - Every 5 minutes of video is approximately 1GB of storage; make sure you have cleared out at least 4GB

WARM UP/RECOVERY

- This event depends on the endurance of your quads and triceps, as well as your willingness to breath heavily for 17-minutes
- Warm-up needs to lengthy (30+ minutes) to allow the time necessary for your aerobic system to up-regulate itself
- Movement efficiency in squatting and overhead pressing can matter a lot for blood flow. If either of those are common problem areas, spend ample time working them out

General prep

15-20 minutes of VERY LIGHT aerobic work; promote some breathing, some range of motion and helps build a sweat (i.e. - temperature regulation)

EMOM x20

Min 1 - Light rowing

Min 2 - x5-8 tempo Goblet squats 35/20lbs

Min 3 - Light biking

Min 4 - Overhead banded lat stretch (alternating R/L each round)

x5

Specific prep

15-20 minutes to work through the movements from the AMRAP; play with your rep-cycle-rate, transition speed, and breathing rhythm

x2-3 sets; very easy

6-10 Row calories

6-10 Wall balls - RX load

15-30 sec HS hold against wall

4-6 Step down box jumps - RX height

(rest 1-3 minutes)

+

(rest as needed)

+

2 rounds; at game-pace

5 Row calories

5 Wall balls - RX load

5 Shoulder to overhead

5 Box jumps - RX height

(rest 3-5 minutes)

x2

+

(rest as needed)

+

Granite Games Qualifier 16.2 attempt

NUTRITION

- Call it *extending work* or *reducing perceptions of fatigue*; either way, these supplements can help in this style of event:
 - Caffeine; should almost feel under-caffeinated (100-200mg)
 - BCAA sipped through general and specific prep (3-6g)
 - WATER all morning and throughout warm-up
- **Before the event:** For muscle endurance activities, perhaps pushing into lactate usage, a SMALL meal 90-minutes prior with some calories is best. Up to 150-250 calories in liquid form should be used here. Otherwise, given the volume of blood flow necessary for this event, you have to keep food out of your gut to allow flow to your peripheries and muscle tissue. Any other whole foods have to be eaten 4-5 hours prior to performing this event.
- **After the event:** A dose of SUGAR and protein are well warranted after this event. Get on the bike/rower and passively work for 12-20 minutes. AND THEN take down this post-workout liquid nutrition.
 - <8% BF do 3:1 CHO:PRO ratio
 - 8-12% BF do 2:1 CHO:PRO ratio
 - >12% BF do 1:1 CHO:PRO ratio

PACING & STRATEGY

- **So... what is a good score on this one?**
 - This is a repeat workout from 2015; we can learn from the 2015 leaderboard to see where the bottlenecks are
 - For males; 300-350 repetitions is a very competitive zone; every ONE repetition on the S2O here was worth 15 points on the leaderboard in 2015
 - For females, 250-300 repetitions is a very competitive zone; every ONE repetition on the WB here was worth 10 points on the leaderboard in 2015
 - Suffice it say, if you get back to this spot with 15-120 seconds to go, you have got to put your head down and be ready to push deep into a set
- **Setting your row pace**
 - Pace your rowing off your 5,000m Time Trial pace; see the final page of this document for a pacing conversion chart from Time per 500m to Calories per Hour
- **Fractioning WB and S2O?**
 - We feel most folks are better supporting S2O compared to WB; meaning, you would heavily fraction the WB in order to knock out larger sets on S2O at a given time
- **Get comfortable with being uncomfortable**
 - The second round is all about attitude; there is no way to make 250-350 repetitions feel pleasant; expect your quads, triceps, and breathing to be feeling very taxed

AVATARS

- **Group 1 - Good quad endurance**
 - Perhaps over-pace your 5k split slightly
 - Feel like you are jumping on the wall balls and use those legs
 - S2O will be your time press out the barbell and put some fatigue into shoulders/triceps
 - Rebounding box jumps probably Ok
- **Group 2 - Good shoulder endurance**
 - Be more cautious on the 5k; perhaps start 25-50 cal/hr off what you determine
 - Fraction the WB heavily into fast 10s; you get one BIG breath

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- once the ball hits the ground before you have to pick it up again
- S2O is show time! If you can do something like 25/15/etc.. that will distinguish yourself through that split and make up serious time
- Plan to step-down the box jumps (aggressively) to give yourself capacity on the rower
- **Group 3 - GO for it! BIG sets**
 - If you want one of the 50 RX qualify spots at the live event, this is 17 minutes of HARD WORK
 - You need to over pace slightly off your 5k split (do not get too carried away..)
 - And more importantly, you have to try and make the WB and S2O happen in large, UB sets
 - Box jumps have to be unbroken

NUMBER OF ATTEMPTS

- If your training volume in a week has frequent doubles, you likely have built the volume necessary to be able to do 300+ repetitions, and then repeat a BETTER effort in <48 hours. If you are this person, another attempt is always an option.
- If you are not the hard charging person who lives in the gym, then this is likely a one-done event. The repetitions are simply too high to reasonably recover. You will probably *feel* like you could re-attempt, but your force output and cycle rate will be heavily diminished in your quads and triceps.
- For some, however, a strategy might be to complete ½ - to -1 round and *feel* the workout starting Friday and then moving the actual recorded workout to Monday.

FINAL NOTES

Great success in the first week, tons of great chatter in the community! Continue to enjoy the qualifiers. Granite Games has put together some tough tests but a great mixture of many different modalities. We hope that this prep guide can provide great information and map you through each week of the competition. Please do not hesitate to contact Mike and Matt - Granitegames@opexfit.com. We will be open for questions and conversation, and be sure to tune in with James Fitzgerald on Friday LIVE on Facebook at June 17th @ 8 PST/10 CST.

| 500m Pace | Cal/Hr Pace |
|----------------------|------------------------|
| 1:20 | 2653 |
| 1:22 | 2485 |
| 1:24 | 2332 |
| 1:26 | 2194 |
| 1:28 | 2068 |
| 1:30 | 1952 |
| 1:32 | 1847 |
| 1:34 | 1750 |
| 1:36 | 1661 |
| 1:38 | 1580 |
| 1:40 | 1505 |
| 1:42 | 1435 |
| 1:44 | 1371 |
| 1:46 | 1311 |
| 1:48 | 1256 |
| 1:50 | 1205 |
| 1:52 | 1157 |
| 1:54 | 1113 |
| 1:56 | 1072 |
| 1:58 | 1033 |
| 2:00 | 997 |
| 2:02 | 963 |
| 2:04 | 932 |
| 2:06 | 902 |
| 2:08 | 874 |
| 2:10 | 848 |
| 2:12 | 824 |
| 2:14 | 801 |
| 2:16 | 779 |
| 2:20 | 739 |