

OPEX Fitness Strategy Guide

Granite Games
Online Qualifier 5



SUMMARY

1) Do not be a double under hero

The majority of strategies favor a fractioned approach to the double unders. Seventy unbroken repetitions will create added difficulty to the muscle-ups for a lot of folks. Instead, be ready to purposefully stop your rope and chip through the 70 double-unders. This will put you on the rings a little fresher for a better set.

2) Snatches WILL be singles, the question is: How little can you rest between repetitions?

At least 95% of the competition field will approach the snatches as singles. Aim to create rhythm in your setup for each attempt to minimize wasted time. *Rhythm* might mean dropping the bar, taking two deep breaths, and then repeating the next repetition. *Rhythm* might simply mean watching a 30-second clock to take your repetitions. Either way, keep yourself honest and on pace.

3) Muscle-ups are the separator

A lot of people can do the RX snatch load reasonably fast. They can also crack out 70 double-unders and make it active recovery. HOWEVER, not a lot of people can walk up to the rings and go unbroken each round under fatigue. The deciding factor WILL come down to how well you do muscle-ups. When in doubt, pull back on your pacing for snatches and double-unders to best support stamina for this station.

EVENT DETAILS

Granite Games Qualifier Week Four, Event Five

14 minute AMRAP

70 Double unders

7 Muscle ups

7 Snatches (any style) at 155/105lbs

EQUIPMENT

- As always, keep your overall work station tight if possible
 - If you are serious, have two jump ropes on hand in case the first one breaks
 - Double clip your barbell; do not waste time fumbling with fixing sliding weights
 - Pre-chalk everything; Do not use the chalk brink as a pacing crunch
- It is summer and body temperature is still critical to maintain
 - Set the building to 76-80 degrees, if possible
 - If your building is without A/C, an early morning attempt gets you in at the coolest time of day
 - Less clothes, more water, and a floor fan are your friends otherwise
- Filming
 - Essentially you put the barbell next to the gymnastic rings and achieve the best angle from that vantage
 - Start the camera, do a couple repetitions at each station, stop and ensure you remain in frame at all times
 - Every 5 minutes of video is approximately 1GB of storage; make sure you have cleared out at least 4GB

WARM UP/RECOVERY

- HIP extension for muscle endurance is key based on the movements
- Warm up upper back, rotators, hips, etc. OPEN these particular pieces up at lower intensity.
- Limiter will be blood flow to the working muscles. SO LOTS of blood to the periphery is key. SUSTAIN muscle endurance and prolong fatigue
- Heart Rate increases are important prior to in order to sustain
- BIG aerobic warm up 15-20 min - SWEAT and move, get HR up and FEEL hot - YOU need to breath on this and create good blood flow.
- Dynamically 10-15 min - Shoulder extension, good range of motion and loosen up rotators and hips

Warm up and move:

EASY effort:

10 KBS - MODERATE

30 single unders

Row 12 cal

x 2-3

Moderate effort:

AB 30 sec @80% effort - Get blood flow up and going

5 ring rows

5 ring dips

5 light PS

Row 30 sec @80% effort

rest as needed

x 2

Specific prep:

A. Power snatch - Emom 8 min - 2 reps @55-60% of max (increase load slightly based on feel)

B. Weighted supinated pull up; 1,1,1,1,1; rest as needed - If you are an individual that struggles with MU, only perform a FEW reps

+

2-3 sets - increasing effort to find game pace:

15 unbroken DU

2-3 MU

2-3 PS - 155/105#

15 DU

rest walk 1 min

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:** 120 min prior with ok to have some cals - 150 total cals (Protein and carb - EASY to digest, liquid form and can provide some sugars), eating 4-5 hours prior to. Maximize blood flow ability to the muscles and periphery. BCAA's prior to can extend muscle endurance. With muscle endurance and lactate push you want *SOME* food in your system. *NO* intra-workout fueling, *GREAT* hydration *KEY* leading up to the workout itself
- **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

AVATARS

- ¥ **Group 1 - Muscle up trouble!**
 - You do not have muscle ups; or, they come and go on different days
 - This strategy is extremely simply: Be ready to come into the gym x2-3 times over the weekend and make x7-10 GREAT attempts on a muscle after completing the double unders
 - It is ALL about hitting ONE great repetition and breaking the 70-repetition tie-breaker hump
 - Be cautious to not take too many attempts on a given day; This will not give you the best stamina for multiple days of attempts
- **Group 2 - Snatch trouble!**
 - The muscle ups may come easy, but a 155/105lbs RX load seems doubting
 - You CAN NOT run through the double unders or muscle ups too hot, purposefully fraction those otherwise strong stations for yourself
 - Once you get to the snatch station, with perhaps 11+ minutes to go, be patient to take LONG attempt intervals
 - Perhaps you can pace off an EMOM clock, every 90-second clock, or even a 2-minute clock to ensure you are giving yourself ample time to make this tough weight
- **Group 3 - Have snatch, Have muscle ups**
 - There is a BIG difference between being able to do these skills, and being able to do these skills REPEATEDLY under fatigue
 - Be patient!
 - Take your foot off the gas pedal and fraction from the start
 - Muscle ups may come best on a descending ladder such as 4/3, 3/2/2, 3/1/1/..etc
 - Snatches will ALL be singles will approximately 6-10 seconds rest between them
- **Group 4 - In it to win it**
 - You are the group in striking distance of a ticket to the live event!
 - Put this qualifier in your schedule for TWO attempts on Friday and Monday; you will certainly sharpen up pacing on a re-attempt come Monday
 - Fraction double unders into 35/35
 - Aim to make muscle ups unbroken from the start; if you have got to get into 5/2 or 4/3 in the later rounds of 5 or 6+, that is not a deal breaker, just keep the rest interval very short

- Snatches can be on a light tempo just like the previous group (6-10 seconds rest for a setup each attempt); Remember, this event comes down to MUSCLE UPS

NUMBER OF ATTEMPTS

- This event lends VERY well to a repeat. You will most certainly sharpen your perfect pace after one run through. If you are taking this competition seriously, plan on a repeat and plan to feel relatively fresh on the second go-around.

FINAL NOTES

Great success in the first three weeks, 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 July 1st @ 8 PST/10 CST.

Thank you to Granite Games for a great qualifier season! We look forward to being a major part of the competitions growth in the future.

"See you in Minnesota"