

Friday | 03.08.24

THE CROSSFIT OPEN WORKOUT 24.2

As many rounds and reps as possible in 20 minutes of:

300-meter row

10 deadlifts

50 double-unders

♀ 125 lb (56 kg)

♂ 185 lb (83 kg)

FOR THE COACH

- Workout description, movement standards, divisions, and scorecard.
 - <https://games.crossfit.com/workouts/open/2024/2?division=1>
- Watch Cole's Overview
 - https://youtu.be/aPXD41XRSVM?si=Jn3bC26rUArR_Uwi

CompTrain!

It's Cole Sager again. Open Workout 24.2 was just released so I'm dropping back into your inbox with some tips for strategy and approach to get the most out of your 24.2 performance.

To start, this workout is immediately separated into 2 paths:

1) I am NOT proficient at double-unders:

In this case, the workout will be built around optimizing every double-under set.

Suggestion: Approach the row at a moderate pace and break the deadlifts into 3 sets so you have fresh legs every time you come to the double-unders.

2) I AM proficient at double-unders:

In this case, you will want to look at optimizing the workout at large by:

Knowing and controlling your pace.

This is a long effort! Find a sustainable pace and settle in. Feel in control.

Your splits should look similar across the workout, but the effort needed to maintain your pace increases over the 20 minutes.

Transitioning quickly and smoothly.

There are a lot of transitions in this workout and you can easily waste 10-15 seconds per round.

- Be intentional with your transitions.
 - Be deliberate with how you enter/exit the rower and how you pick up and set down the jump rope. Being efficient does not require high energy expenditure.
- Being precise with your rope.
 - Work at a pace that allows you to be as efficient as possible through the double-unders.
 - An unbroken set of double-unders takes about 30 seconds. A set with two trip-ups takes about 35-40 seconds. A set with five trip-ups could take at least 45-60 seconds.
 - Have a routine. Pick up the rope and set it down in the same manner every round. Dial this in before you start your workout.

[A reminder from last week]

Last week we identified which category of athlete you fall into (Open, Quarter, or Semifinal Athlete) and how workouts should feel and be approached based upon those categories.

How The Workout Should Feel

- Open Athlete | Challenging, but calculated
- Quarterfinals Athlete | Paced and in control
- Semifinal Athlete | All the above with an attack

How to Approach A Workout

- Open Athlete | Find the crux of the workout and build your workout around that.
- Quarterfinals Athlete | Know your pace and strategy
- Semifinal Athlete | Know your strength and where to attack

Please remember to read the Open workout description and movement standards in full to make sure you're meeting all of the workout requirements and standards.

Have fun, give your best to your workout, and cheer on your fellow athletes in the gym as they do the same! Let's have another great week and be proud of the efforts we have made.

See you in the CompTrain App!

Cole Sager

LESSON PLAN

A) Hot Start | 3 Minute Echo Bike

- On the minute, perform a 5-second hard sprint
- Increase power output each successive sprint

B) General Warm Up

- :30 Pigeon right
- :30 Pigeon left
- :30 Downward dog w/ foot pedal
- :30 Jumping jacks
- :30 Scorpions
- :30 Cossack Squats
- :30 Knuckle draggers
- :30 Side-lying Leg Lifts Per Side
- :30 Hollow rocks

C) Specific Warm Up

- Deadlift
 - Establish stance, grip, & set up
 - Bar over middle of foot
 - Bar in contact with shins
 - Shoulders over bar

- Eyes forward
 - 5 Cued reps hips to above knee
 - Focus on hips back first in the descent.
 - Focus on keeping the bar close
 - 5 Cued reps mid shin to standing
 - Driving through the floor with the legs. **This is key for this workout.**
A focus on utilizing the big movers of the posterior chain will help protect the back.
 - Coaches should look for shoulders and hips to rise together until the bar passes the knee.
 - Take 2:00 to build to workout weight.
- Row
 - Establish catch and finish positions
 - Catch with flat back, heels down, and vertical shins.
 - Finish with the handle at sternum and slightly open hips
 - Explain SPM and 500m split and tell athletes where to look on the screen
 - :30 Easy row
 - Establish an easy 500m/split number
 - :20 @ SPM of 32-35
 - Focus on 500m/split
 - :20 @ SPM of 27-30
 - Maintain same 500m/split
 - :20 @ SPM of 23-26
 - Maintain same 500m/split
 - Row slow to row fast – help athletes understand that this is the most efficient way to complete the row today.
- Double Unders
 - Establish position
 - Hold the handles of the jump rope with a relaxed grip.
 - The grip should be towards the end of the handles, allowing for better control and wrist movement.
 - Keep the elbows close to the body, pointing downward.
 - Hands should be slightly in front of the body so that you can see them in your peripheral vision while looking forward.
 - :20 High Singles
 - Focus on timing wrist speed

- :20 Fast Singles:
 - Focus on wrist rotation and quicken the pace of the jump rope
- :20 Alternating Feet:
 - Focus on enhance footwork and coordination.
- :20 Single-Single-High Single
 - Focus on controlling the cadence and wrist speed
- :20 Single-Single-Double
 - Focus on speeding up the wrist for the double
- :30 Practice

D) Primer

- Practice Round
 - 2 Rounds at Workout Speed:
 - 200m Row
 - 7 Deadlifts
 - 30 Double Unders
 - Rest 1:00 Between Rounds
- Rest 5-10 Minutes Before Starting Workout

Enjoy the challenge!
