

Friday | 03.15.24

OPEN WORKOUT 24.3

5 rounds of:

10 thrusters, weight 1

10 chest-to-bar pull-ups

Rest 1 minute, then:

5 rounds of:

7 thrusters, weight 2

7 bar muscle-ups

Time cap: 15 minutes

♀ 65, 95 lb (29, 43 kg)

♂ 95, 135 lb (43, 61 kg)

FOR THE COACH

- Workout description, movement standards, divisions, and scorecard.
 - <https://games.crossfit.com/workouts/open/2024/3?division=1>
- Watch Cole's Overview
 - <https://youtu.be/7GyGBKKP8x8>

CompTrain!

Cole Sager here dropping into your inbox one more time with some 24.3 tips on how to get the most out of your performance!

We've already discussed a fail-safe approach on how to approach workouts to get a specific feel for 3 categories of athletes.

Here's a reminder:

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*

Now let's dive into optimizing 24.3

General Thoughts

The first five rounds are a trap... you are going to want to be diligent, well-paced, and calculated through those rounds.

Pacing

The second five rounds are the start of a completely new, harder workout. Set yourself up wisely to perform well here by approaching the first half intelligently. There is a good chance that even if you are well-paced in the first workout, you will be working for 1.5 times longer the second workout.

Unless you are a ninja with gymnastics and proficient with thrusters, I would recommend breaking early on. I do not see any shame in a 2-3 second break during the lighter thruster weight and 1 quick break on the chest-to-bars in order to fend off fatigue. The last thing we want is to get to the bar muscle-ups and have to just stand and stare at them.

Similarly, I would definitely recommend breaking the heavy thrusters up into at least 2 sets. More often than not, an athlete eats up the time they save going unbroken on a heavier thruster because of slower transitions. Be crisp and choose your breaks. Don't let the workout force your breaks for you.

Crux

Ultimately this workout hinges upon your capacity to do bar muscle-ups, especially under fatigue. Set yourself up the best you can to get as many reps of bar muscle-ups as possible. If you cannot do bar muscle-ups, then it is a race to complete the first 5 rounds as quickly as you can. Then use the remainder of the time cap to attempt bar muscle-ups once you have recovered a bit. I recommend taking at least 3-4 minutes of rest before starting the second portion to give yourself the best chance at getting a bar muscle-up. One bar muscle-up rep will be a massive separator on the leaderboard.

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Please remember to read the Open workout description and movement standards in full to ensure you are meeting all of the workout requirements.

Have fun, give your best to the 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

Warm-up

A) 3 Minute Echo Bike

*On the minute, perform a 5-second hard sprint

*Increase power output each successive sprint

B) General Warm Up

Lower Body Prep

- :30 Pigeon right
- :30 Pigeon left
- :30 Downward dog w/ foot pedal
- :30 Alternating spidermans
- :30 Bootstraps
- :30 Scorpions
- :30 Cossack Squats
- :30 Knuckle draggers
- :30 Hollow rocks

Rig Prep

- 2 Sets
- :10 Deadhang
- :10 Active hang
- :10 Scap pull ups
- 3 Jumping negative pull ups
 - Modify to ring rows
- 3 Kipping pull ups
 - Modify to jumping
- 3 Kipping CTB pull ups
 - Modify to jumping
- 3 Butterfly pull ups

- Or maintain kipping

CT Barbell Flow :15 - :20 each

- Goodmornings
- Back Squats
- Elbow rotations
- Press & reach
- Stiff leg deadlifts
- Front squats

C) Specific Warm Up

- Thruster
 - Establish stance, grip, & set up
 - Shoulder width stance
 - Full grip on bar
 - Bar on shoulders with full grip
 - Elbows high
 - 3 push press
 - 3 front squats
 - 3 thrusters

D) Primer

- Practice Rounds
 - Complete Rx or Scaled movements based on what version of the workout you're doing today.
 - 10 Thrusters (Empty Bar)
 - 10 Pull-Ups (Chin Over Bar)
 - - Rest 30 Seconds -
 - 7 Thrusters (Weight 1)
 - 7 Chest-To-Bar Pull-Ups
 - - Rest 30 Seconds -
 - 4 Thrusters (Weight 2)
 - 4 Bar Muscle-Ups
 - Rest 1:00 Between Rounds
- Rest 5-10 Minutes Before Starting Workout

Enjoy the challenge!