

CROSSFIT GAMES OPEN

TEST 23.1



23.1

 // TIME PRIORITY

TIME | 14:00 LOADING | 3/5 SKILL | 5/5 VOLUME | 3/5

RX

Complete as many reps as possible in 14 minutes of:
 60-calorie row
 50 toes-to-bars
 40 wall-ball shots (14/20 lb) (9/10 ft)
 30 cleans (95/135 lb)
 20 muscle-ups

INTERMEDIATE

(Scaled Option)
 Complete as many reps as possible in 14 minutes of:
 60-calorie row
 50 hanging knee raises
 40 wall-ball shots (10/14 lb) (9/10 ft)
 30 cleans (65/95 lb)
 20 chin-over-bar pull-ups

BEGINNER

(Foundation Option)
 Complete as many reps as possible in 14 minutes of:
 60 strokes on the rower
 50 sit-ups
 40 wall-ball shots (6/10 lb) (9/10 ft)
 30 cleans (35/45 lb)
 20 push-ups

SKILL WORK

Rest, celebrate, stretch, and recover!

GOALS

INTENDED STIMULUS

- ✓ All athletes work to get into the cleans.
- ✓ Advanced athletes aim to finish one round.
- ✓ Break the toes-to-bars, wall-ball shots, and cleans into manageable sets that allow athletes to keep moving with small breaks.
- ✓ Default to power cleans unless a squat clean is necessary to complete the lift.
- ✓ If possible, compare to your score of 14.4 from 2014.

▶ WATCH DAILY VIDEO

COACHING GOALS

- ✓ This class plan covers a single-heat variation and a waterfall-start option that can accommodate less equipment for 23.1 See the logistics section.
- ✓ Review the clean setup and strategies for cycling multiple repetitions versus single repetitions.
- ✓ Practice the low-ring muscle-up in the warm-up to help push athletes to achieve their first muscle-up.
- ✓ Use time during the specific warm-up to prep your judges and finalize any logistical needs.
- ✓ For the official movement standards as well as specific information for each division, download the official 23.2 scorecard from Games.CrossFit.com.

SCALING

OVERVIEW

- Most athletes should use a variation of the workout that allows them to get into the cleans.
- Aim to maintain the rep volume and scale the difficulty or loading of the movements instead.
- More information about scaling and the adaptive variations of these workouts can be found at games.crossfit.com.

MOVEMENT SCALING OPTIONS

Calorie row | 60 strokes on the rower

Toes-to-bars | Hanging knee raises, sit-ups

Wall-ball shots | Reduce the load while maintaining the target heights.

Cleans | Reduce the load, substitute DB options as needed for injured athletes.

Muscle-ups | Chin-over-bar pull-ups, push-ups, substitute ring rows for injured athletes.

LOGISTICS

LIMITATIONS

- If you have a limited amount of rowers, consider using staggered starts. Athletes set up all other workout equipment before starting the workout. Once the workout starts, Athlete 1 begins rowing. Once Athlete 1 finishes the row, Athlete 2 waits until the top of the next minute to start the row and the 14:00 workout clock.
- For example, Athlete 1 starts the workout at 0:00 and will finish at 14:00. If Athlete 1 finishes the row at 3:30, Athlete 2 will start the row at 4:00 and finish when the original clock hits 18:00.
- We recommend a truncated warm-up and allocating 28:00 total for running the workout.
- See the **staggered-starts class plan** for more information on running this working with a limited amount of rowers.

TIMELINE:

Whiteboard Brief: 0:00-4:00

General: 4:00-13:00

Specific: 13:00-35:00

Break: 35:00-38:00

Workout: 38:00-52:00

Cooldown: 52:00-60:00

WHITEBOARD BRIEF ESTIMATED TIME = 4:00

Target | 150-200 reps

- 23.1 is a repeat of Open Workout 14.4 from 2014. This fun and challenging chipper will push athletes to break up their reps to keep moving strategically.
- Create rep strategies that will allow athletes to keep moving throughout this workout, and avoid pushing to the point of failure before reaching the muscle-ups.
- Use a consistent rep scheme, "5-10" on the toes-to-bars, and a descending rep scheme like 15-12-10-8-5 to chip through the wall-ball shots.
- Default to using power cleans unless a squat clean is absolutely necessary for you to complete the lift. Start the cleans with one large 5-10-rep set and finish the cleans with fast singles.
- During the warm-up, review the kip swing, low-ring muscle-up transition, and quick clean cycling. Give remaining time in the warm-up for athletes to move on their own and to prep your judges.

DEMO VIDEOS

TOES-TO-BAR WARM-UP

LOW RING MUSCLE-UP

COUCH STRETCH

DOORWAY PEC STRETCH

GENERAL WARM-UP ESTIMATED TIME = 9:00

AT A GLANCE

- ✓ Equipment: Rower, PVC, low rings, med balls
- ✓ Demo the false grip, leg-assisted muscle-up transition, jumping ring dip, and med-ball thrusters.
- ✓ Allow athletes to share equipment and move through the general warm-up on their own.
- ✓ Focus on improving heels down and knees out in the squat.
- ✓ Focus on improving the false grip and pulling the rings to the chest on the low-ring work.

DEMO MOVEMENTS | 4:00

- Demo each of the five movements below.
- Explain how to achieve the false grip and leg assistance in the low-ring muscle-up transitions.
- Allow athletes to move on their own as you move around and coach.

23.1 MOVEMENT PREP | 5:00

- Athletes keep cycling through rounds of the warm-up.

On a 6:00 clock:

- 10 PVC pass-throughs
- 5 med-ball ground-to-overheads
- 5 med-ball thrusters (reach for the lockout)
- 5 false-grip ring rows
- 5 low ring muscle-up transitions

SPECIFIC WARM-UP ESTIMATED TIME = 22:00

AT A GLANCE

- ✓ Equipment: med ball, barbell, high rings, and pull-up bars.
- ✓ Focus on teaching athletes how to kick the heels back hard and drive the head forward during the back swing of the toes-to-bars.
- ✓ Focus on helping athletes improve squat mechanics during the wall ball.
- ✓ If you are crunched on time, demo the movements and then tell athletes to move through the designated sets and reps independently.

SPECIFIC WARM-UP CONTINUED

WALL-BALL AND TOES-TO-BAR REVIEW | 8:00

- Alternate between both movements or have athletes move on their own.

2 sets:

- 5 kip swings
- 5 wall-ball shots

2 sets:

- 5 kipping knee raises
- 5 wall-ball shots

- Demo how to kick the heels back hard during the backswing to help cycle reps.
- Also demo how to perform a quick single toes-to-bar, jump down, and then jump into another quick single. Quick singles can help athletes keep moving when they fatigue or start to fail multiple rep attempts.

1 set:

- 5 toes-to-bars
- 5 wall-ball shots

CLEAN REVIEW | 8:00

- Demo the clean.
- Demo how to cycle cleans by pausing at the hip and then initiating the next rep.
- Demo a pace for performing singles on cleans; 1 rep every :05-:06 seconds.
- 3 sets x 3 touch-and-gos + 3 single cleans (increase weight each set)

MINI-ROUND LOGISTICS CHECK | 6:00

- Encourage athletes to add more reps to a movement or take away reps based on how they are feeling for the workout.
- Use this time to meet with any judges who are judging athletes to submit an official score to games.crossfit.com.

1-2 sets:

- 5 pulls on the rower
- 5 toes-to-bars (or scaled variation)
- 3 cleans as singles
- 1-5 muscle-ups (or scaled variation)

BREAK ESTIMATED TIME = 3:00**WORKOUT** ESTIMATED TIME = 14:00**AT A GLANCE**

- ✓ Don't ignore poor mechanics just because it is the Open!
- ✓ Help athletes manage the toes-to-bars with consistent sets, or quick singles if they hit failure.
- ✓ Athletes who tire on the wall-ball shots can keep hitting the target if they add in a slight jump at the top of their throw.
- ✓ Make sure athletes pull the bar in close to their shins as they cycle multiple reps or single reps during the cleans.

LOOK FOR**Row**

- 1) Short strokes.
- 2) Bending the knees on the return before the hands pass the knees.

Toes-to-bars

- 1) Losing the kip swing.

Wall-ball shots

- 1) Missing depth.

Cleans

- 1) Loss of lumbar curve during the pull.
- 2) Failing reps.

Muscle-ups

- 1) Missing the transition or falling out of the dip.

CUES**Row**

- 1) Reach past the toes, then lean back slightly behind the hips.
- 2) Wait to bend the knees, and punch the hands back faster.

Toes-to-bars

- 1) Drive the heels back hard and punch your head through your arms.

Wall-ball shots

- 1) Drive the knees out hard and push the hips back

Cleans

- 1) Pause in the setup, pull the bar close, and pull the chest up.
- 2) Jump higher!

Muscle-ups

- 1) Squeeze the legs together and drive the knees higher during the kip.
- 2) Squeeze the rings to your body during the dip.

COOLDOWN ESTIMATED TIME = 8:00**AT A GLANCE**

- ✓ 4:00 to allow athletes to recover and slowly clean up the barbell, med balls, and plates.
- ✓ Leave the rower and rings out.
- ✓ 4:00 to lead athletes through the stretching.

REST AND STRETCHING

- Give athletes at least 4:00 to rest and slowly clean up equipment.
- After allowing athletes to rest, clean up, and record scores, bring the group in and lead them through a brief stretching cool-down.

2 sets:

:30 couch stretch/side

:30 doorway pec stretch/side

CROSSFIT GAMES OPEN

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MULTIPLE HEATS CLASS PLAN



23.1

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- ✓ All athletes work to get into the cleans.
- ✓ Advanced athletes aim to finish 1-round.
- ✓ Break the toes-to-bars, wall-ball shots, and cleans into manageable sets that allow athletes to keep moving with small breaks.
- ✓ Default to power cleans unless a squat clean is necessary to complete the lift.
- ✓ If possible, compare to your score of 14.4 from 2014.

▶ WATCH DAILY VIDEO

COACHING GOALS

- ✓ This class plan covers a two-heat and waterful class structure for accommodating equipment limitations for 23.1
- ✓ If you are running the workout in the “Waterfall” style we expect you can get about 7-8 athletes per rower through the workout in a 30:00 class time.
- ✓ Review the clean setup and how to cycle multiple repetitions versus cycling single repetitions.
- ✓ Practice the low-ring muscle-up in the warm-up to help push athletes to their first muscle-up.
- ✓ Use time during the specific warm-up to prep your judges and finalize any logistics needs.
- ✓ For the official movement standards as well as specific information for each division, download the official 23.2 scorecard from Games.CrossFit.com.

SCALING

OVERVIEW

- Most athletes should use a variation of the workout that allows them to get into the cleans.
- Aim to maintain the rep volume and instead scale the difficulty or loading of the movements.
- More information about scaling and the adaptive variations of these workouts can be found at download the official 23.2 scorecard from Games.CrossFit.com.

MOVEMENT SCALING OPTIONS

Calorie row | 60 strokes on the rower

Toes-to-bars | hanging knee raises, sit-ups

Wall-ball shots | reduce the loading while maintaining the target heights

Cleans | reduce the loading, substitute DB options as needed for injured athletes

Muscle-ups | chin-over-bar pull-ups, push-ups, substitute ring rows for injured athletes

LOGISTICS

TIMELINE

Whiteboard Brief: 0-4

General: 4-10

Specific: 10-22

Break: 22-25

Workout: 25-55

Cooldown: 55-60

LOGISTICS

LIMITATIONS

- This class plan covers a two-heat as well as a “waterfall” approach to running 23.1 in your affiliate.
- The two-heat option allows you to have athletes partner up and judge each other and it helps accommodate equipment considerations regarding the rower.
- The “waterfall” approach is a great approach to put as many athletes as possible through the workout in a class if you have a limited number of rowers.
- Both options require about 30:00 of class time for the workout.

WATERFALL OPTION:

- Athletes will share rowers but have all of their barbells, pull-up bars, wall balls, and rings.
- The fastest rowers should row first.
- Athletes set up all other workout equipment before starting the workout. Once the workout starts, Athlete-1 begins rowing. Once Athlete-1 finishes the row, Athlete-2 waits until the top of the next minute to start the row and Athlete-2's 14:00 workout clock.
- For example, Athlete-1 starts the workout at 0:00 and will finish at 14:00. If Athlete-1 finishes the row at 3:30, then Athlete-2 will start the row at 4:00 and finish when the original clock hits 18:00.
- We recommend a truncated warm-up and allocate 28:00 total minutes for running the workout.

WHITEBOARD BRIEF ESTIMATED TIME = 4:00

Target | 150-200 reps

- 23.1 is a repeat of the Open workout 14.4 from 2014. This fun and challenging chipper will push athletes to break up their reps to keep moving strategically.
- Create rep strategies that will allow athletes to keep moving throughout this workout, and avoid pushing to the point of failure before reaching the muscle-ups.
- Use consistent rep schemes like 5s to 10's on the toes-to-bars or descending rep schemes like 15-12-10-8-5 to chip through the wall-ball shots.
- Default to using power cleans unless a squat clean is absolutely necessary for you to complete the lift. Start the cleans with one large 5-10-rep set and finish the cleans with fast singles.
- Review the kip swing, low-ring muscle-up transition, and quick clean cycling during the warm-up. Give remaining time in the warm-up for athletes to move on their own and to prep your judges.
- Two Heats: Today we will run two heats so all athletes can have a chance to do the workout and get judged.
- Waterfall: We will use a “waterfall” structure to maximize how many athletes can use the rower. Essentially the next athlete starts the workout as soon as the athletes in front of them finish the row. Everyone will need to track when they start and when their 14:00 clock ends.

DEMO VIDEOS

LOW RING MUSCLE-UP

COUCH STRETCH

DOORWAY PEC STRETCH

SCAP PULL-UP

GENERAL WARM-UP ESTIMATED TIME = 6:00

AT A GLANCE

- ✓ Equipment: rowers, PVC or barbells, pull-up bars
- ✓ Athletes partner up in groups of 3 or 2.
- ✓ Athletes will move through the warm-up while you float.
- ✓ Focus on keeping the chest up during the pulls to improve the lumbar curve.
- ✓ Focus on helping athletes improve the length of their row strokes.
- ✓ Get athletes warmed up for kipping and hanging from the pull-up bar.

SHOULDER AND PULLING WARM-UP | 5:00

- Demo all three movements.
- Athletes will partner up in groups of 2-3.
- Athletes start at a different movement and rotate through.
- Increase the difficulty of the pull-up bar movements as you see athletes warm-up up.

On a 5:00 clock:

- 10 strokes on the rower or muscle-cleans
- 5 scap pull-ups or kip swings
- 5 good morning + air squats

SPECIFIC WARM-UP ESTIMATED TIME = 12:00

AT A GLANCE

- ✓ Allow athletes to move on their own but keep them moving, warming up, and working to workout weight/movements.
- ✓ Focus on improving the clean setup and lumbar curve.
- ✓ Write the warm-up on the board or direct athletes when to increase the difficulty of the kipping movements.
- ✓ Identify who will go in heat 1 and heat 2.
- ✓ If you are doing the “waterfall” approach for the workout, then start to identify the order of athletes (Put the fastest rowers first).

WORKOUT MOVEMENT PREP | 8:00

- Demo (if possible) the low-ring muscle-up transition)
- Demo, in order, the wall-ball shot, power clean, muscle-up, and pull-up/pus-up substitutions.

3 sets:

- 5 cleans, touch-and-go (increase weight each set)
- 5 wall-ball shots (increase weight each set)

3 sets:

- 3-5 low ring muscle-up transitions (Increase the muscle-up difficulty each set)

MINI-ROUND LOGISTICS CHECK | 4:00

- Encourage athletes to add more reps to a movement or take away reps based on how they are feeling for the workout.
- Use this time to meet with any judges who are judging athletes to submit an official score to games.crossfit.com.

1-2 sets:

- 5 pulls on the rower
- 5 toes-to-bars (or scaled variation)
- 3 cleans as singles
- 1-5 muscle-ups (or scaled variation)

BREAK ESTIMATED TIME = 3:00

WORKOUT ESTIMATED TIME = 30:00

AT A GLANCE

- ✓ We've allocated 30:00 for 2-heats. 14:00 for heat 1 and then 14:00 for heat 2, with a 2:00 transition between heats. This transition can take longer, but it will take time away from the clean-up and cool-down time.
- ✓ If you are running the workout in the “Waterfall” style we expect you can get about 7-8 athletes per rower through the workout in a 30:00 class time.
- ✓ Don't ignore poor mechanics just because it is the Open!
- ✓ Help athletes manage the toes-to-bars with consistently sized sets, or quick singles if they hit failure.
- ✓ Athletes who tire on the wall-ball shots can keep hitting the target if they add in a slight jump at the top of their throw.
- ✓ Make sure athletes pull the bar in close to their shins as they cycle multiple reps or single reps during the cleans.

WORKOUT CONTINUED

LOOK FOR

Row

- 1) Short strokes
- 2) Bending the knees on the return before the hands pass the knees

Toes-to-bars

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Wall-ball shots

- 1) Missing depth

Cleans

- 1) Loss of lumbar curve during the pull
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Muscle-ups

- 1) Missing the transition or falling out of the dip

CUES

Row

- 1) Reach past the toes, then lean back slightly behind the hips
- 2) Wait to bend the knees, punch the hands back faster

Toes-to-bars

- 1) Drive the heels back hard and punch your head through your arms

Wall-ball shots

- 1) Drive the knees out hard and push the hips back

Cleans

- 1) Pause in the setup, pull the bar close, and pull the chest up
- 2) Jump higher!

Muscle-ups

- 1) Squeeze the legs together and drive the knees higher during the kip.
- 2) Squeeze the rings to your body during the dip

COOLDOWN ESTIMATED TIME = 5:00

AT A GLANCE

- ✓ 5:00 to allow athletes to recover and slowly clean up the barbell, wall balls, and plates.
- ✓ Leave the rower and rings out.
- ✓ As athletes clean up, write the stretching on the whiteboard or demo it so athletes can cool down on their own as the next class starts.

REST AND STRETCHING

- Give athletes at least 5:00 to rest and slowly clean up equipment.
- After allowing athletes to rest, clean up, and record scores, review the stretching and allow them to stretch on their own before leaving.

2 sets:

:30 couch stretch/side

:30 doorway pec stretch/side