

2019 Intensive Training Camp

Hobart 10 -14 January (Version 1)

Provisional Timetable

	Day 1 – Friday 10 January	Day 2 – Saturday 11 January	Day 3 – Sunday 12 January	Day 4 – Monday 13 January	Day 5 – Tuesday 14 January
0900-0930	Introduction and Brief	Daily Briefing	Daily Briefing	Daily Briefing	Daily Briefing
0930-1100	Training Session 1 Light Intensity Speed/Technique Intensive Training	Training Session 3 Medium Intensity Positional Strength Training	Training Session 5 Light Intensity Recovery Training Individual and Group Activities	Training Session 7 Medium Intensity Positional Strength Training	Training Session 9 Light Intensity Mobility Training
1100-1130	Break	Break	Break	Break	Break
1130-1230	Q&A: Discussion of submitted questions	Q&A: Discussion of submitted questions	Q&A: Discussion of submitted questions	Q&A: Discussion of submitted questions	Q&A: Discussion of submitted questions
1230-1330	Lunch	Lunch	Lunch	Lunch	Lunch
1330-1430	Lecture: Principles for Effective Training	Lecture: Nutrition for Bodyweight Management	Lecture: Injury Prevention and Management	Lecture: Key Concepts of Weightlifting Technique	Lecture: Preparation for Major Competitions
1430-1600	Training Session 2 Medium Intensity Focus on Snatch, Variations of Snatch Pulls, and Variations of Front Squats	Training Session 4 Medium-Heavy Intensity Focus on Clean & Jerk, Variations of Clean Pulls, Variations of Back Squats	Training Session 6 Light Intensity Speed/Technique Intensive Training	Training Session 8 Light-Medium Intensity Focus on Power Snatch, Power Clean & Jerk, More Variations of Pulls and Squats	Training Session 10 High-Intensity Training Snatch/Clean & Jerk, Pulls and Squats
1830 – 2130		Social Evening			Social Evening

Training Intensity

The level of work in 10 training sessions of the 5-day camp is controlled to prevent over-exertion in the first 1-3 days to ensure that camp participants are able to undertake high intensity training in the final 2 days. Throughout the camp, there is a major emphasis on technical performance and the development of strength, coordination and control, speed and agility, balance and stability and other qualities needed by the Weightlifter.

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Friday 10 January	Saturday 11 January	Sunday 12 January	Monday 13 January	Tuesday 14 January
Session 1 Speed/Technique Training (Light Intensity)	Session 3 Positional Strength Training (Medium Intensity)	Session 5 Recovery Training (Light Intensity)	Session 7 Positional Strength Training (Medium Intensity)	Session 9 Mobility/Stability Training (Light Intensity)
<ul style="list-style-type: none"> General warm-up Overhead Squat, Concepts: Balance, overhead stability Rapid Drop Downs, Concepts: Rapid drop under the bar, fast/ low foot movement, time is critical Power Snatch, Concepts: overhead stability, motionless catch Power Snatch (3 position catch) Concepts: catch at any height Snatch from Top Thigh, Concepts: Newton's 3rd law, speed under bar Split Squat, Concepts: neutral pelvis alignment, equal weight distribution, postural integrity Jerk with no drive, Concepts: rapid drop under bar, fast/low foot movement, stability overhead 	<ul style="list-style-type: none"> General warm-up Front Squat Half front squat (isometric pause) Concept: Brace upper body Power cleans (3 position catch) Concepts: catch and stabilise at any height Power Clean with pause and squat into deep position, Concept: Brace upper body Press in Split Position Concept: neutral pelvis alignment Jerk Balance, Concepts: pelvis control, postural integrity, Jerk dip with pause Concept: Control of dip phase Jerk with pause in Dip Concept: Control in dip phase 	<p><i>Group</i></p> <ul style="list-style-type: none"> Slow jog – 10 floor lengths Box Assault Course - slow Walking Lunge Caterpillar Walk Skater Hops <p><i>Team</i></p> <ul style="list-style-type: none"> Medicine Ball Passing laterally Medicine Ball Passing Under/Over <p><i>Partner</i></p> <ul style="list-style-type: none"> Medicine Ball Catch and Throw <p><i>Individual</i></p> <ul style="list-style-type: none"> Lateral Lunge Side Planks Core Strength Exercises (various) 	<ul style="list-style-type: none"> Overhead Squat, long STOP Concept: Brace in receiving position Power Snatch, long / low hold Concept: dynamic stability Snatch Pull with halt in 3 positions Concept: Body position accuracy Press in Split Position, and hold Concepts: neutral pelvis alignment, flexibility of high flexors Hack Split Squats Concept: Strength in Jerk Receiving Single Leg Deadlifts Concept: Dynamic stability and balance, knee health Core Strength Exercises 	<ul style="list-style-type: none"> Slow Jog 3 Mins Overhead Squat, Slow Descent 3 sets of reps with 60% Clean, catch high squat low 5 sets of reps with 60% Snatch from Top Thigh 5 sets up to 70% Snatch with no pull 3-4 sets with 15 – 30Kg Jerk, long pause in receiving position 5 sets of 3 reps up to 70% Good Morning – 3 sets 5 sets of 5 reps up to 60% Press Behind Neck 5 sets of 5 reps up to 35%
Session 2 Medium Intensity Training Session	Session 4 Medium Intensity Training Session	Session 6 Technique Training (Light intensity)	Session 8 Medium Intensity Training Session	Session 10 Heavy Session High Intensity
<ul style="list-style-type: none"> Snatch, sets of 3 reps to 75% Jumping Snatch Pull, sets of 5 reps to 70% Snatch Pull from Block, sets of 3 reps to 105% Snatch Pulls from Deficit, sets of 3 reps to 100% Front Squats with Deep Pause sets of 3 reps to 85% (of C&J) Front Squat with Slow Decent Sets of 3 reps to 85% (of C&J) Core Strength Exercises (various) 	<ul style="list-style-type: none"> Clean & Jerk sets of 3 reps up to 75% Clean Pulls with Slow Descent sets of 3 reps up to 105% Clean Pull to Knee sets of 3 reps up to 105% Clean Pull Mid-Range Sets of reps up to 90% Back Squats with Isometric Hold Sets of 2 reps up to 110% (of C&J) Back Squat with Slow Descent Sets of 3 reps up to 90% (of C&J) Core Strength Exercises (various) 	<ul style="list-style-type: none"> Snatch Balance Sets of 3 reps up to 75% Snatch Balance with Drop Sets of 3 reps up to 60% Jerk Balance Sets of 3 reps up to 70% Jerk Dips with pause Sets of 3 reps up to 105% Jerk with pause in dip Sets of 3 reps up to 60% Good Mornings Sets of 5 reps up to 60% 	<ul style="list-style-type: none"> Power Snatch Sets of 3 reps up to 75%, sets of 2 up to 80% Power Clean & Jerk Sets of 3 reps up to 75%, sets of 2 up to 80% Clean Pull (Slow descent) Sets of 3 reps up to 100% Back Squat (Rapid) Sets of 5 reps up to 80% 	<ul style="list-style-type: none"> Snatch Working up to maximum for 2 reps, and singles Clean & Jerk Working up to maximum for 2 reps, and singles Clean Pull Sets of 3 reps up to 110% Back Squat Sets of reps up to 105%, some doubles also