

# 2019 Intensive Training Camp

Hobart 11 -13 January (v3)

## Provisional Timetable

	Day 1 – Friday 11 January	Day 2 – Saturday 12 January	Day 3 – Sunday 13 January
0900-0930	Introduction and Brief	<b>Talk:</b> Key Concepts of Weightlifting Technique	<b>Talk:</b> Preparation for Major Competitions
0930-1000	<b>Training Session 1</b> Light Intensity Speed/Technique Training Focus on Snatch and preliminary work for Jerk	<b>Training Session 3</b> Light Intensity Speed/Technique Training Focus on Clean and further work on Jerk	<b>Training Session 5</b> Recovery Training Mobility and Flexibility Individual and Group Activities
1000-1030			
1030-1100			
1100-1115	Break	Break	Break
1115-1200	<b>Q&amp;A:</b> Discussion of submitted questions	<b>Q&amp;A:</b> Discussion of submitted questions	<b>Q&amp;A:</b> Discussion of submitted questions
1200-1300	Lunch	Lunch	Lunch
1300-1400	<b>Lecture:</b> Principles for Effective Training	<b>Lecture:</b> (1) Nutrition for Training; (2) Making Weight Strategy	<b>Lecture:</b> (1) Health and Well-Being (2) Injury Management
1400-1530	<b>Training Session 2</b> Medium Intensity Training Strength/Technique Training Focus on Snatch Pulls and Front Squats	<b>Training Session 4</b> Medium Intensity Training Strength/Technique Training Focus on Clean Pulls and Back Squats	<b>Training Session 6</b> High-Intensity Training Snatch, Clean & Jerk, Squats
1830 – 2130		Social Evening	

## Training Intensity

The level of work in 6 training sessions of the 3-day camp is controlled to prevent over-exertion in the first 1-2 days to ensure that camp participants are able to undertake high intensity training in the final session. Throughout the camp, there is a major emphasis on technical performance and the development of coordination and control, speed and agility, balance and stability and other qualities needed by the Weightlifter.

# 2019 Intensive Training Camp

Hobart 11 -13 January (v3)

Friday 11 January	Saturday 12 January	Sunday 13 January
<p><b>Session 1 Speed/Technique Training (Light Intensity, 30 sets in total)</b></p> <ul style="list-style-type: none"> <li>• General warm-up</li> <li>• <b>Snatch Balance</b>, Concepts: body position, foot movement</li> <li>• <b>Drop Snatch</b> Concept: rapid movement into receiving position.</li> <li>• <b>Power Snatch</b>, Concepts: overhead stability, motionless catch</li> <li>• <b>Power Snatch (3 position catch)</b> Concepts: catch at any height, dynamic stability</li> <li>• <b>Snatch from Top Thigh</b>, Concepts: Newton's 3<sup>rd</sup> law, speed under bar</li> <li>• <b>Split Squat</b>, Concepts: neutral pelvis alignment, equal weight distribution, postural integrity</li> <li>• <b>Hack Split Squats</b> Concept: Strength in Jerk Receiving</li> <li>• <b>Jerk dip with pause</b> Concept: Control of dip phase</li> <li>• <b>Power Jerk with paused dip</b>, concept: control of dip and drive phase</li> </ul>	<p><b>Session 3 Speed/Technique Training (Light Intensity, 30 sets in total)</b></p> <ul style="list-style-type: none"> <li>• General warm-up</li> <li>• <b>Power Clean with Slow Pull to Mid-Thigh</b>, Concept: Importance of pull finish</li> <li>• <b>Power Clean (3 position catch)</b> Concepts: catch and stabilise at any height</li> <li>• <b>Power Clean with pause and squat into deep position</b>, Concept: Brace upper body to receive the bar</li> <li>• <b>Clean from Top Thigh</b>, Concept: timing, acceleration in pull finish, fast movement under bar.</li> <li>• <b>Press in Split Position</b> Concept: neutral pelvis alignment</li> <li>• <b>Jerk Balance</b>, Concepts: pelvis control, postural integrity,</li> <li>• <b>Jerk with paused dip</b> Concept: Control in dip phase</li> <li>• <b>Jerk with no drive</b>, Concepts: rapid drop under bar, fast/low foot movement, stability overhead</li> </ul>	<p><b>Session 5 Recovery Training (Short Session)</b></p> <ul style="list-style-type: none"> <li>• Group Warm-Up Games</li> <li>• Mobility and Flexibility Exercises</li> <li>• Balance Exercises</li> <li>• Shoulder Exercises with Dumbbells and Barbells</li> <li>• Technique and Body Position Rehearsal Drills</li> <li>• Core Strength Exercises (various)</li> </ul>
<p><b>Session 2 Strength/Technique Training (Medium Intensity, 30 sets in total)</b></p> <ul style="list-style-type: none"> <li>• General warm-up</li> <li>• <b>Overhead Squat</b>, Concepts: Balance, flexibility, overhead stability, brace</li> <li>• <b>Jumping Snatch Pull</b>, Concept: Vertical displacement, velocity and acceleration</li> <li>• <b>Snatch Pull with halt in 3 positions</b> Concept: Body position accuracy</li> <li>• <b>Snatch Pull from Block</b>, Concept: Acceleration in pull finish</li> <li>• <b>Snatch Pulls from Deficit</b>, Concepts: kinetic chain, lifting with legs</li> <li>• <b>Half front squat with isometric pause</b> Concept: Body position to receive bar, bracing of upper body, foot placement</li> <li>• <b>Front Squats with Deep Pause</b> Concept: brace in receiving position</li> <li>• <b>Front Squat with Slow Decent</b> Concept: stability and control in descent</li> </ul>	<p><b>Session 4 Strength/Technique Training (Medium Intensity, 30 sets in total)</b></p> <ul style="list-style-type: none"> <li>• General warm-up</li> <li>• <b>Power Clean from Knee</b>, Concept: Body position at knee height</li> <li>• <b>Good Mornings and Romanian Deadlifts</b>, Concepts: control of spinal shape</li> <li>• <b>Clean Pulls with Slow Descent</b> Concepts: control of body angles, kinetic chain</li> <li>• <b>Clean Pull to Knee</b> Concept: lift with legs, kinetic chain</li> <li>• <b>Clean Pull Mid-Range</b> Concept: kinetic chain, control of body angles in pull</li> <li>• <b>Clean Pull from Knee</b>, Concepts: Vertical displacement, velocity and acceleration, leg action</li> <li>• <b>Half Back Squats with Isometric Hold</b> Concept: ability brace, foot positioning</li> <li>• <b>Back Squat with Slow Descent</b>, Concept: stability and control in descent, receiving position</li> </ul>	<p><b>Session 6 High Intensity Session</b></p> <ul style="list-style-type: none"> <li>• General warm-up</li> <li>• <b>Snatch</b> Working up to maximum for 2 reps, and singles</li> <li>• <b>Clean &amp; Jerk</b> Working up to maximum for 2 reps, and singles</li> <li>• <b>Back Squat</b>, Training using a Timer</li> </ul>

Note: Some minor adjustments to this program may occur. The total training volume of 30 sets per training session may vary.