

Day 1	Technique Goal 1	Using as warm-up, no more than 50% intensity, 5-6 sets
	Power Snatch from Blocks	Working on technique on all three of these exercises, lots of sets, avoiding tendency to push to higher intensity, multiple sets of 3's between 70% and 75%, multiple sets of 2's between 76% - 82%. Good headspace lifting, practising on focus and avoidance of distraction.
	Power Clean	
	Jerk from Racks	
	Front Squat	Warming up with 3's to 80% of CJ, then 2's for 5 sets incrementing weight 5% per set. Finish on 105% of CJ

Day 2	Technique Goal 2	Use as warm-up, nor more than 50% intensity, 5-6 sets
	Half Snatch Balance	For these two exercises, work on rapid foot movement and holding receiving positions completely still for a count of 2. Warm-up really well with a lot of sets then about 5 sets in the range 70-75% intensity. Highest sets should be doubles not singles.
	Power Jerk	
	Snatch Pull	Around 6 sets of 3 reps, 90 - 110% intensity. Perform pulls as if they were Snatches. This means good acceleration, balance and control in finish of pull.
	Press	Finish off with 5 x 5 at 35% of Clean and Jerk, ensuring each rep has good lockout.

Day 3	Power Snatch	Warm-up slowly for first exercise. Sets of 3 reps until 70%, then sets of 2 reps until 83%, then 3 singles. Try not to assume there is any need to go to maximum. The overwhelming objective is good mentally positive practise of technique. Ensure that you do equal work on both lifts.
	Power Clean & Jerk	
	Clean Pull	Around 6 sets of 3 reps, 90 - 110% intensity. Perform pulls as if they were Snatches. This means good acceleration, balance and control in finish of pull.
	Back Squat	Warming up with 3's to 85% of CJ, then 2's for 5 sets incrementing weight 5% per set. Finish on 110% of CJ. Focus on quality movement and control.