

Day 1	Half Back Squat	Perform carefully 4 sets of 8 reps, 20%-40% of clean and jerk.
	Overhead Squat - Narrow grip	Using a clean width grip, perform 5 sets of 3 reps overhead squats, 20%-50% of best Snatch to HALF DEPTH i.e. use a stool, bench or chair to limit depth
	Pow Snatch	After good warm-up with mostly 3's, perform 5 sets of 2's between 60% - 70%. Your objective is low stress, feel good lifting, working on speed and technique.
	Snatch Pull	Perform just 7 sets of Snatch Pulls, sets of 3, 80%-110%, work on balance and body position at full extension
	Back Squat	Perform 6 sets of 2's, 80%-100% of best clean and jerk, YES it should be easy - keep it that way, avoid going heavy. But make sure squat technique is excellent.

Day 2	Power Clean & Jerk	No heroics required. Use this session as "Tuning-Up" on technique. Warm up with 3's to 70%, then 2's to 80% then a series of 5 singles 83%-93%. Very small increments. Leave big stuff to the competition !!
	Clean Pull	Just 5 sets of 3's from 85% - 110%. Work on lowering bar under full control, eyes forward at all times, and lightly touching floor between reps.
	Back Squat	Perform 4 sets of 3's 50%-80%, then 5 sets of 2's 85%-110%, NO MORE!
	Flexibility	10-15 mins gentle work

Day 3	Overhead Squat - Normal Grip	Use purely as a flexibility exercise, working on foot position, hip mobility, low and upright position. Perform 5 sets of 3 reps 50%-65% of best Snatch
	Power Clean and Push Press	Keep light to ensure there is no struggle to complete each rep. At the end of each rep, display perfect lockout momentarily. 6 sets of 3 reps, 30% -55%
	F Squat	Work on foot position, pushing knees forwards and outwards, and keeping body upright with back braced. Controlled downward descent, but with small bounce at bottom. 5 sets of 3's 50%-80% of clean & jerk, then 3 sets of 2's 83%-90%.
	Flexibility	10-15 mins gentle work