

Day 1	Technique Goal 1	Using as warm-up, no more than 50% intensity, 5-6 sets
	Snatch	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.
	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
	P Snatch	For these two exercises, practise slow/easy pull until bar reaches mid thigh, then with great acceleration in finish of the pull. Work on rapid movement under the bar and holding receiving positions completely still for a count of 2. Warm-up really well with lote of sets then About 5 sets in the range 70-75% intensity. Continue to practise your focus as you would need in a competition warm-up.
	P Clean & 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 of with 5 x 5 at 35% of Clean and Jerk, ensuring each rep has good lockout.

Day 3	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.
	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.