

Day 1	Technique Goal 1	Using as warm-up, no more than 50% intensity, 5-6 sets
	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.
	Pow Clean & Jerk	
	Snatch Pull	Perform just 6 sets of Snatch Pulls, sets of 3, 80%-100%, 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	O Squat	Use purely as a flexibility exercise, working on foot position, hip mobility, low and upright position. Perform 5 sets of 3 reps 50%-65%
	Clean	Work on TWO things: (1) Fast movement under the bar, means fast foot movement and (2) excellent upright receiving position, elbows high, back braced. Perform 4 sets of 3's to 60% and then 3 sets of 2's to 70%.
	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

Day 3	Snatch	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 & Jerk	
	Clean Pull	Just 5 sets of 3's from 85% - 110%.
	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 4	This is a Recovery session!!!!	
	P Clean	Warm-up very well, then perform 7 sets of 3's 40%-70%.
	Romanian Deadlift	Treat as a therapeutic exercise, keep extremely light and go very carefully. Perform 6 sets of 5's 30%-60%. Don't overstretch hamstrings or bend spine.
	Sp Squat	Perform each split squat with a count to 3 pause at the lowest position. Really work hard on achieving perfection in body position. Perform 6 sets of 5's 30%-60%.
	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%
Flexibility	10-15 mins gentle work	

Note: Day 2 and Day 3 can be swapped around depending on athlete's situation.