

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	
	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	Power 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
	P Clean & Jerk	lots 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.
	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.
	Back Squat	Resisting the tendency to push to maximum effort, perform 6 sets 3 reps from 70% - 100% of clean and jerk best. Focus on producing technically good squats, with control in downward phase and acceleration in upward phase.
	Press	Finish of with 5 x 5 at 35% of Clean and Jerk, ensuring each rep has good lockout.
Day 3	Jerk with Long Hold	Keep easy and light, maximum weight 70%. Perform around 5 sets in the range 60-70%. Focus on holding receiving positions completely still.
	Jerk Dip Isometric	Perform 5 sets of 3 reps from 80% - 100% of best Clean & Jerk. Isometric hold must be for a count of 4.
	Power Clean	Maximum weight 70% of best Clean & Jerk, sets of 3, about 6 sets between 50%-70%. Work on speed of footwork and drop under bar.
	Clean Pull	Limit intensity to 90% of best Clean & Jerk. Perform 5 sets of 3 reps from 50% - 90% working to sustain balance on toes at end of pull with body fully extended.
Day 4	Overhead Squat	Limit to 60% of best Snatch and use this as a flexibility exercise, perform with control to full depth and hold position for count of 3.
	Snatch from Knee	Limit to 70% of best Snatch and use this as a speed exercise, focus on easy/smooth pull from knees with good extension of the body.
	Jerk No Dip	No more than 50%, just working comfortably on timing and speed of movement.
	Good Mornings	Limit to 50% and move gently. Short pause (count to 2) at lowest position.
Day 5	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
	Clean & Jerk	overwhelming objective is good mentally positive practise of technique. Ensure that you do equal work on both lifts.
	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.