

Training for week commencing 01 Feb 2021
Athletes competing on 6 Feb 2021
3DPW Masters Week 9

| | | |
|-------|-----------------------------------|--|
| Day 1 | Warm-up | Spend at least 10 minutes warming up, mobilising joints and stretching gently. |
| Mon | Snatch (Power Snatch) | Pratise your competition warm-up for both Snatch and Clean & Jerk which would look something like: Bar/3, Bar/3, 40%/3, 50%/3, 60%/3, 70%/2, 75%/2, 80%/2, 84%/1, 87%/1, 90%/1. Athletes whose best lifts are less than 50Kg, male or female, always start with 2 sets on 15Kg bar or lighter. Males then proceed to 20Kg bar for remainder of practise. Everyone should work out your warm-up lifts at home using your percentages, have it written down before you come to the gym. When you practise your warm-up, note the time it takes precisely and give this information to coach. If your practise of the above percentages works well for you, keep the pattern. If not make improvement suggestions to coach. Being expert in your warm-up routine, is part of being a competitive Weightlifter. This includes knowing how long it takes. |
| | Clean & Jerk (Power Clean & Jerk) | |
| | Back Squat | After an initial warmup with a bar to ensure sufficient mobility, perform 4 sets of 3 reps and 3 sets of 2 reps starting at 50% of best Clean & Jerk and finishing on 105% of best Clean & Jerk. The sets will look something like 50%/3, 60%/3, 70%/3, 80%/3, 90%/2, 100%/2, 105%/2. Control the descent, but work on accelerating upwards out of squat. |
| | Flexibility | 10-15 mins of further mobility work. |

| | | |
|-------|----------------|--|
| Day 2 | Wam-up | Spend at least 10 minutes warming up, mobilising joints and stretching gently. |
| Tue | Snatch Pull | After warming up with 3 sets of 3 reps with an unloaded bar, perform 7 sets of 3 reps starting at 50% and finishing at 110% (10% jumps). Work on perfection of body positions, smoothness of pull and balance in finishing position. |
| | Jerk from Rack | After warming up with 3 sets of 3 reps with an unloaded bar, perform 7 sets of 3 reps starting at 40% and finishing at 70% (5% jumps). Work on perfection of body positions, balance and stability in receiving position, perfectly precise lockout and controlled recovery of feet back to finishing position. |
| | Front Squat | After an initial warmup with a bar to ensure sufficient mobility, perform 4 sets of 3 reps and 3 sets of 2 reps starting at 50% of best Clean & Jerk and finishing on 100% of best Clean & Jerk. The sets will look something like 50%/3, 60%/3, 70%/3, 80%/3, 90%/2, 95%/2, 100%/2. Control the descent, but work on accelerating upwards out of squat. |
| | Flexibility | 10-15 mins of further mobility work. |

| | | |
|-------|-----------------------------------|--|
| Day 3 | Wam-up | Spend at least 10 minutes warming up, mobilising joints and stretching gently. |
| Thu | Snatch (Power Snatch) | After warming up with 3 sets of 3 reps with an unloaded bar, perform 3 sets of 3 reps at 40%, 50%, 55% and then 3 sets of 2 reps at 60%, 65% and 70%. Athletes whose best lifts are less than 50Kg, male or female, always start with 2 sets on 15Kg bar or lighter. Males then proceed to 20Kg bar for remainder of practise. You can do more sets at 70% if you feel you need to, but no heavier. Ensure you achieve motionless finishing positions and display excellence in balance. |
| | Clean & Jerk (Power Clean & Jerk) | |
| | Flexibility | 10-15 mins of further mobility work. |