

Training for week commencing 01 Feb 2021  
 Athletes competing on 6 Feb 2021  
 Full Mobility Athletes Week 9

Day 1	Warm-up	Spend at least 10 minutes warming up, mobilising joints and stretching gently.
Mon	Snatch	Pratise your competition warm-up for both Snatch and Clean & Jerk which would look something like: Athletes who lift (either lift) 50Kg and over: 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 is/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.
	Clean & Jerk	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.
	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	Power Snatch	After warming up with 3 sets of 3 reps with an unloaded bar, perform 4 sets of 3 reps and then 3 sets of 2 reps starting at 40% and finishing at 80%. Ensure you achieve motionless finishing positions and display excellence in balance.
	Power Clean & Jerk	
	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. When performing sets of 3 reps, complete one rep with a stop in lowest position, for a count of 2.
	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	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	
		Flexibility