

# Training Advice

For Week 8-14 February 2021

## Athletes who competed on Sat 6 February

You are advised to take this week extremely easy, especially the first two sessions. Injuries very often appear in the first week after a competition.

In any easy week, three sessions are all that is necessary, but a fourth session is permissible provided you follow the following guidelines.

In all sessions, warm-up really well, and expand the time you spend on flexibility and mobility.

	All Sets	Intensity	Calculated On	Focus
<b>Day 1</b>				
Back Squat	8	10%-50%	Clean & Jerk	Sets of 5's, controlled, smooth and perfecting flexibility From start of set to last rep, widen foot stance by 1cm each rep (move only one foot 1cm, not both)
Rom Deadlift	6	20%-50%	Clean & Jerk	Sets of 5's, to just below kneecap, no lower
Push Press	6	20%-40%	Clean & Jerk	Sets of 5's, always focus on lockout each rep
Split Squat	5	20%-40%	Clean & Jerk	Sets of 3's, isometric hold in lowest position for count of 4
Jumping Snatch Pull	5	30%-60%	Snatch	Absolutely no bending of arms See: <a href="https://vimeo.com/462849506/0b7ed4bffd">https://vimeo.com/462849506/0b7ed4bffd</a>
<b>Day 2</b>				
Front Squat	7	10%-60%	Clean & Jerk	Sets of 3's, isometric hold in lowest position for count of 4
Power Snatch	7	20% -60%	Snatch	Sets of 3's, isometric hold in receiving position for count of 3
Snatch Pull	7	30%-80%	Snatch	Sets of 3's, high pull to mid chest, accelerating from mid-thigh with strong upward body action.
Jerk, No Dip	7	20%-40%	Clean & Jerk	Sets of 3's, speed exercise for feet and movement under the bar. Hold receiving position for count of 3
Overhead Squat	6	20%-50%	Snatch	Sets of 3's, use this exercise purely for flexibility, each rep of set widen foot spacing by small amount.
<b>Day 3</b>				
Power Clean	8	20%-70%	Clean & Jerk	Sets of 3's, practise keeping feet low and moving fast into receiving position
Power Jerk	8	20%-60%	Clean & Jerk	Sets of 3's, practise keeping feet low and moving fast into receiving position
Clean Pull	7	40%-80%	Clean & Jerk	Sets of 3's, high pull to mid chest, accelerating from mid-thigh with strong upward body action.
Back Squat	8	40%-80%	Clean & Jerk	Pyramid, start on 10 reps and take away one rep each set until you get to 3 reps at 80%
Seated Press	6	20%-35%	Clean & Jerk	Sets of 5's throughput, always with good lockout each rep
<b>Day 4</b>				
Snatch Bal	8	20%-70%	Snatch	Sets of 3's, start easy but begin to work on speed of drop in final 4 sets
Jerk f Racks	8	20%-70%	Clean & Jerk	Sets of 3's, hold receiving position for count of 2
S Pull f Blk	7	60%-110%	Snatch	Conventional pulls, working on strong finish
Half f Squat	8	40%-80%	Clean & Jerk	4 sets of 5 and 4 sets of 3, use bench to limit depth
Push Press	6	20%-50%	Clean & Jerk	Sets of 3's, always good lockout