

Training Overview for Master Group A B and C

	Block 1 Weeks 1 – 4	Block 2 Weeks 5 – 8	Block 3 Weeks 9 - 13	Block 4 Weeks 14 -18
Focus	Strength and Fitness	Strength and Fitness	Conventional training for Weightlifting	Conventional training for Weightlifting
Volume	High	High - Medium	Medium - Low	Medium - Low
Intensity	Low - Medium	Medium	Medium - High	Medium - High
Unloading / Tapering Weeks			Week 9 – Unloading Week 13 –Tapering	Week 15 – Unloading Week 18 – Minimal Taper
Special Note			Competition 15 May 21	Competition 24-29 May Competition 19 Jun 21

Note: The approach will differ between Masters Groups A, B and C depending on competitions entered i.e. Presidents Cup Round 2 on 15 May, World Masters 24-30 May and WTI Masters 19 June 2021