

Training Overview for Seniors Group A and B, and Juniors C

	Block 1 Weeks 1 – 4	Block 2 Weeks 5 – 8	Block 3 Weeks 8 - 13
Focus	Strength and Fitness	Strength and Fitness	Conventional training for Weightlifting
Volume	High	High - Medium	Medium - Low
Intensity	Low - Medium	Medium	Medium - High
Unloading / Tapering Weeks		Block will end with an unloading week (week 8)	Block will end with a taper week (week 13)
Special Note			Competition 15 May 21

Note: It does not matter if Juniors or Seniors are qualified to compete in WTI Senior Championships on 15/5/21. If not qualified, please lift same day in Presidents Cup.