

Training Advice

18 Week Training Program

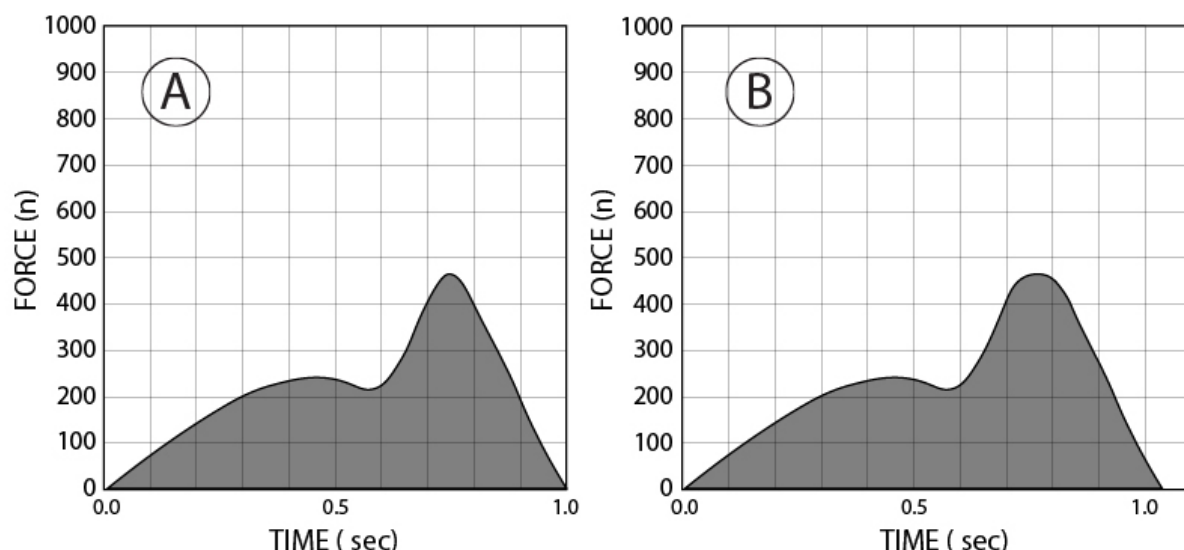
Second 4-week block (weeks 5 – 8)



Here are some things to consider:

- Work hard on Snatch Balance and Overhead Squats so that by week 8, you can Snatch Balance 3% more than your best Snatch for a single. This may mean new lifetime bests on these exercises. Be very careful, however, that you do not ignore wrist pain.
- Carefully build leg strength so that by week 8 you achieve your highest single, double and triple on Front and Back Squats in the last 12 months. This may mean some new lifetime bests. Succeeding in this objective does not mean you must kill yourself every time you squat. However, you need to put in the time, reps and sets to make things happen. Rather than worry about your “top set”, instead, work to constantly raise your average weight handled on these exercises. You can increase your average weight with more sets skewed above the average weight you are aiming for. But of course, if you don’t calculate your average weight each session, then you are in the dark. Time to be statistical!
- Steal yourself for some very hard work on Power lifts on day 4. While the volume of Power lifts has been reduced, the intensity is set to increase. The decrease in Power lifts has made room for the re-introduction of Snatch and Cleans in the program, albeit not heavy.
- There is a frequency of Pulls in the program at a relatively constant intensity. Although you may feel that the prescribed intensity is too light on some days, please avoid going heavier. Instead, work to pull the bar with more acceleration, higher and with a longer duration of force at full extension. This means staying in balance at the pull finish.

In terms of trying to pull longer instead of opting to put more weight on the bar, please consider the following Force x Time graph. (By the way Force x Time is called Impulse).



You have heard of “Flattening the Curve” well here is another variation, haha!

You will see that the peak of force in graph B is the same as graph A but it is held longer. That’s you, trying to exert longer upward force on the bar, using everything you’ve got. The total impulse on graph B is 5% greater than graph A, and that really matters. It is actually impulse (the shaded area under the curve, that is the determining factor).

- The program has plenty of Jerks in different variations. There is a Jerk exercise every day. If you get the chance, use Jerk blocks on day 1. But work with others so that everyone has the opportunity to use the blocks. This means you could do your Jerk from Blocks earlier in the session or swap the Power Jerks and Jerks around on Day1 and Day2. If you manage to get on to the Jerk blocks you may get the chance to go heavier than prescribed percentages (with advice from coach) but as a general rule stick to percentages if you perform without the use of blocks. This is a safety factor. Dropping large weights to the shoulders is potentially injurious.
- Day 3 is the lightest day of the week, so don't get carried away with any exercise that day.
- In week 6, there are some deliberate reductions in intensity. This is to assist recovery. You can drop back on Pulls and Squats on day 1 and 2 of this week also. You will need to consider this as Week 7 and 8 will be tough!
- Expect the unexpected, especially on Day 4.

Super Saturdays

These are the days when, if possible, we need some collectivism (to use a socialist term!) The object is to create a special atmosphere.

- 20 March
- 03 April (Easter Saturday, if enough people make this day maybe it's lunch afterwards!)
- 17 April
- 01 May

If anyone wants, we can do a short talk or Q & A afterwards on any subject to do with Weightlifting.