

Week 10		W-U Set 1		W-U Set 2		W-U Set 3		Target 1		Target 2		Target 3		
Day 1	Cycle 5 Min 35 ^{RPM}													
	Half Back Squat to Bench	2 x 15	Bar					1 x 10	30%	1 x 10	40%	1 x 10	50%	Just a warm-up
	P Snatch f Blk	2 x 5	Bar	2 x 4	60%	2 x 3	70%	1 x 3	74%	1 x 2	78%	1 x 2	80%	As always, work on stillness and stability in receiving positions. MANDATORY!!!
	Power Clean	2 x 5	Bar	2 x 4	60%	2 x 3	70%	2x 3	80%	1 x 2	85%	2 x 1	90%	Take 2nd single slightly higher if going well
	Clean Pull Slow lower and touch							2 x 3	100%	2 x 3	105%	2 x 3	110%	Really slow lowring to ground especially last 10cm
	Jerk from Racks	2 x 5	Bar	2 x 4	50%	2 x 4	60%	3 x 3	65%	2 x 3	70%	2 x 2	75%	Perfect technique, don't go higher.
	Cycle 3 Min 40 ^{RPM}													
Day 2	Cycle 5 Min 35 ^{RPM}													
	Half Front Squat to Bench	1 x 10	Bar	1 x 8	25%	1 x 6	30%	1 x 5	35%	1 x 5	40%	1 x 5	50%	Just a warm-up
	P Clean f Blk	2 x 5	Bar	2 x 4	60%	2 x 3	70%	2 x 4	75%	1 x 3	78%	1 x 3	80%	Take an extra set if going really well
	Power Jerk	2 x 5	Bar	2 x 4	60%	2 x 3	70%	2 x 3	70%	2 x 3	74%	2 x 3	77%	Move feet fast and drop fast under the bar! Hold the receiving position for count of 2
	Snatch Pull			1 x 5	80%	1 x 3	90	1 x 3	100%	1 x 3	105%	2 x 3	110%	Hold balance at finish of pull.
	Front Squat	1 x 5	40%	1 x 5	60%	1 x 4	70%	1 x 3	80%	1 x 3	90%	2 x 3	100%	Work on posture, chest up, and work on rapid ascent, as you would hope in a clean
	Cycle 3 Min 40 ^{RPM}													
Day 3	Cycle 5 Min 35 ^{RPM}													
	P Snatch / Snatch	2 x 5	Bar	1 x 4	60%	1 x 3	70%	1 x 3	80%	2 x 2	85%	2 x 2	90%	Last set can be higher if going well
	P Clean & Jerk	2 x 3	50%	1 x 3	60%	1 x 3	70%	1 x 3	80%	2 x 2	85%	2 x 2	90%	Last set can be higher if going well
	Clean Pull			1 x 3	90%	1 x 3	100%	1 x 3	105%	2 x 3	110%	1 x 3	115%	No higher percentages please
	Back Squat	1 x 6	60%	1 x 5	70%	1 x 4	80%	1 x 4	90%	1 x 3	105%	2 x 3	110%	Last set can be higher if going well
	Cycle 3 Min 40 ^{RPM}													