

	Target 1	Target 2	Target 3	
Day 1	Cycle 5 Min 35 ^{RPM}			
	Half Back Squat 1 x 15 25%	1 x 10 35%	1 x 10 45%	
	Power Snatch 2 x 3 74%	2 x 2 78%	2 x 1 80%	<i>Last single you can go higher if going well</i>
	P Clean f Blk 2 x 3 80%	1 x 2 85%	2 x 1 88%	<i>Last single you can go higher if going well</i>
	Back Squat 2 x 4 90%	2 x 3 95%	2 x 2 100%	<i>Keep to percentage as you have heavier Front Squats next session.</i>
	Jerk from Racks 3 x 3 65%	2 x 3 70%	2 x 3 75%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}			
Day 2	Cycle 5 Min 35 ^{RPM}			
	Half Front Squat 1 x 10 25%	1 x 8 35%	1 x 8 45%	<i>Grin and bear!</i>
	Snatch 2 x 3 78%	2 x 2 82%	2 x 1 85%	<i>Do not go higher today</i>
	P Clean & Jerk 2 x 2 75%	2 x 2 79%	2 x 1 82%	<i>Do not go higher today</i>
	Clean Pull Slow lower and touch 2 x 3 100%	2 x 3 105%	2 x 3 110%	<i>Work really hard in the lowering of the bar, especially last 10cm.</i>
	Front Squat 2 x 3 90%	2 x 2 97%	2 x 2 102%	<i>Last double you can go higher if going well.</i>
	Cycle 3 Min 40 ^{RPM}			
Day 3	Cycle 5 Min 35 ^{RPM}			
	P Snatch f Blk 2 x 3 73%	2 x 2 77%	2 x 2 80%	<i>Keep to percentage</i>
	Clean 2 x 3 73%	2 x 2 77%	2 x 2 80%	<i>Keep to percentage</i>
	Jerk f Racks/Blks 2 x 3 60%	2 x 3 65%	2 x 3 70%	<i>Keep to percentage</i>
	Snatch Pull Slow lower and touch 2 x 3 95%	2 x 3 100%	2 x 3 105%	<i>Work really hard in the lowering of the bar, especially last 10cm.</i>
	Cycle 3 Min 40 ^{RPM}			
Day 4	Cycle 5 Min 35 ^{RPM}			
	Snatch 2 x 2 82%	2 x 2 86%	2 x 1 90%	<i>Take set between 86% and 90% if needed. Last single you can go higher if going well.</i>
	Clean & Jerk 3 x 3 82%	2 x 2 86%	2 x 1 90%	<i>Last single you can go higher if going well, Ask coach for advice on whether to go higher for last set.</i>
	Clean Pull 2 x 3 105%	2 x 3 110%	2 x 3 115%	
	Back Squat 2 x 3 100%	2 x 2 105%	2 x 2 110%	<i>Last double you can go higher if going well.</i>
	Cycle 3 Min 40 ^{RPM}			