

| Week 11                       |                                  | W-U<br>Set 1 |        | W-U<br>Set 2 |       | W-U<br>Set 3 |       | Target 1 |        | Target 2 |       | Target 3 |       |      |  |
|-------------------------------|----------------------------------|--------------|--------|--------------|-------|--------------|-------|----------|--------|----------|-------|----------|-------|------|--|
| Day 1                         | Cycle 5 Min 35 <sup>RPM</sup>    |              |        |              |       |              |       |          |        |          |       |          |       |      |  |
|                               | Overhead Squat to Bench          |              |        |              |       |              |       |          | 1 x 10 | 30%      | 1 x 6 | 40%      | 1 x 5 | 50%  | <i>Just a warm-up</i>  |
|                               | Power Snatch                     |              | 2 x 5  | 10Kg Bar     | 2 x 3 | 50%          | 1 x 3 | 60%      | 2 x 3  | 65%      | 2 x 2 | 72%      | 1 x 2 | 75%  | <i>No heavier. Work on staying still in receiving position.</i>  |
|                               | Power Clean & Jerk               |              | 2 x 5  | 10Kg Bar     | 2 x 3 | 50%          | 1 x 3 | 60%      | 2 x 3  | 65%      | 2 x 2 | 72%      | 1 x 2 | 75%  | <i>No heavier. Work on staying still in receiving positions.</i> |
|                               | Clean Pull Slow lower and touch  |              | 1 x 5  | 80%          | 1 x 5 | 90%          |       |          | 2 x 3  | 100%     | 2 x 3 | 105%     | 2 x 3 | 110% | <i>Really slow lowering to ground especially last 10cm</i>       |
|                               | Front Squat to Bench             |              | 2 x 5  | 50           | 2 x 4 | 70%          | 1 x 3 | 80%      | 1 x 3  | 90%      | 1 x 3 | 97%      | 1 x 3 | 102% | <i>No heavier</i>  |
| Cycle 3 Min 40 <sup>RPM</sup> |                                  |              |        |              |       |              |       |          |        |          |       |          |       |      |  |
| Day 2                         | Cycle 5 Min 35 <sup>RPM</sup>    |              |        |              |       |              |       |          |        |          |       |          |       |      |  |
|                               | Half Front Squat to Bench        |              | 1 x 10 | 10Kg Bar     | 1 x 8 | 30%          | 1 x 6 | 40%      | 1 x 5  | 50%      | 1 x 5 | 60%      | 1 x 5 | 70%  | <i>Keep to percentage</i>  |
|                               | Jerk f Racks/Blks                |              | 1 x 4  | 10Kg Bar     | 1 x 4 | 40%          | 1 x 4 | 50%      | 2 x 3  | 60%      | 2 x 3 | 65%      | 2 x 3 | 70%  | <i>Keep to percentage</i>  |
|                               | Rom. Deadlifts                   |              | 1 x 8  | 10Kg Bar     | 1 x 8 | 15Kg Bar     |       |          | 1 x 6  | 50%      | 1 x 6 | 55%      | 1 x 6 | 70%  | <i>Keep to percentage</i>  |
|                               | Press (Long Hold)                |              | 1 x 6  | 10Kg Bar     |       |              |       |          | 2 x 3  | 30%      | 2 x 3 | 33%      | 2 x 3 | 36%  | <i>Hold overhead for count of 4. Practise lockout</i>            |
| Cycle 3 Min 40 <sup>RPM</sup> |                                  |              |        |              |       |              |       |          |        |          |       |          |       |      |  |
| Day 3                         | Cycle 5 Min 35 <sup>RPM</sup>    |              |        |              |       |              |       |          |        |          |       |          |       |      |  |
|                               | Power Snatch                     |              | 2 x 5  | Bar          | 1 x 4 | 60%          | 1 x 3 | 70%      | 1 x 3  | 80%      | 1 x 2 | 85%      | 3 x 1 | 90%  | <i>Can go heavier with advice from coach</i>                     |
|                               | Power Clean & Jerk               |              | 2 x 5  | Bar          | 1 x 4 | 60%          | 1 x 3 | 70%      | 1 x 3  | 80%      | 1 x 2 | 85%      | 3 x 1 | 90%  | <i>Can go heavier with advice from coach</i>                     |
|                               | Snatch Pull Slow lower and touch |              | 1 x 5  | 80%          | 1 x 5 | 90%          |       |          | 2 x 3  | 100%     | 2 x 3 | 105%     | 2 x 3 | 110% | <i>Really slow lowering to ground especially last 10cm</i>       |
|                               | 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% | <i>Can go heavier with advice from coach</i>                     |
| Cycle 3 Min 40 <sup>RPM</sup> |                                  |              |        |              |       |              |       |          |        |          |       |          |       |      |  |