

Wk 11		Target 1		Target 2		Target 3		
Day 1	Cycle 5 Min 35 ^{RPM}							
	Overhead Squat	1 x 5	50%	1 x 4	55%	1 x 3	60%	<i>Just a warm up</i>
	Power Snatch	2 x 3	65%	2 x 2	70%	2 x 1	75%	<i>No heavier</i>
	Snatch from Knee	2 x 3	60%	1 x 3	65%	1 x 2	70%	<i>No heavier</i>
	Clean	1 x 3	65%	1 x 3	70%	1 x 3	75%	<i>No heavier</i>
	Front Squat	1 x 3	90%	1 x 3	97%	1 x 3	102%	<i>No heavier</i>
	Jerk from Racks	5 x 3	70%					<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}							
Day 2	Cycle 5 Min 35 ^{RPM}							
	Overhead Squat	1 x 5	50%	1 x 4	55%	1 x 3	60%	<i>Just a warm up</i>
	Snatch	1 x 3	78%	1 x 2	82%	3 x 1	88%	<i>Stay with percent band</i>
	P Clean & Jerk	2 x 2	75%	2 x 2	79%	2 x 1	82%	<i>Demonstrate LONG holds overhead</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>
	Back 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}							
	Snatch f Mid-Thigh	2 x 3	60%	1 x 3	65%	1 x 2	70%	<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>
	Rom. Deadlifts	1 x 6	50%	1 x 6	55%	1 x 6	70%	<i>Keep to percentage</i>
	Press (Long Hold)	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 ^{RPM}							
Day 4	Cycle 5 Min 35 ^{RPM}							
	Snatch	1 x 2	82%	1 x 2	86%	3 x 1	90%	<i>Heavier if permitted</i>
	Clean & Jerk	1 x 2	82%	1 x 2	86%	3 x 1	90%	<i>Heavier if permitted</i>
	Clean Pull	2 x 3	105%	2 x 3	110%	1 x 3	115%	<i>No heavier</i>
	Back Squat	1 x 4	100%	1 x 3	105%	2 x 2	110%	<i>Last double you can go higher if going well.</i>
	Cycle 3 Min 40 ^{RPM}							