

	Target 1	Target 2	Target 3	
Day 1	Cycle 5 Min 35 ^{RPM}			
	Half Back Squat 1 x 15 Bar	1 x 10 30%	1 x 10 40%	<i>Just a warm-up</i>
	P Snatch f Blk 2 x 3 74%	2 x 2 78%	2 x 2 80%	<i>As always, work on stillness and stability in receiving positions. MANDATORY!!!</i>
	Power Clean 2x 3 80%	1 x 2 85%	2 x 1 90%	<i>Take 2nd single slightly higher if going well</i>
	Clean Pull Slow lower and touch 2 x 3 100%	2 x 3 105%	2 x 3 110%	<i>This will be tough. Back off if you are struggling but do the sets.</i>
	Jerk from Racks 3 x 3 65%	2 x 3 70%	2 x 3 75%	<i>Perfect technique, don't go higher.</i>
	Cycle 3 Min 40 ^{RPM}			
Day 2	Cycle 5 Min 35 ^{RPM}			
	Half Back Squat 1 x 15 Bar	1 x 10 30%	1 x 10 40%	<i>Smooth take from blocks with max acceleration at mid-thigh</i>
	P Clean f Blk 2 x 4 75%	1 x 3 78%	1 x 3 80%	
	Power Jerk 2 x 3 70%	2 x 3 74%	2 x 3 77%	<i>Perfect technique, don't go higher.</i>
	Snatch Pull 2 x 3 105%	2 x 3 110%	2 x 3 115%	<i>This will be tough. Back off if you are struggling but do the sets.</i>
	Front Squat 2 x 3 85%	2 x 3 90%	2 x 3 95%	<i>Work on posture, chest up, and work on rapid ascent, as you would hope in a clean</i>
	Cycle 3 Min 40 ^{RPM}			
Day 3	Cycle 5 Min 35 ^{RPM}			
	P Snatch 2 x 3 77%	2 x 2 81%	2 x 2 84%	
	P Clean & Jerk 3 x 3 73%	2 x 2 81%	2 x 2 84%	
	Clean Pull 2 x 3 105%	2 x 3 110%	2 x 3 115%	
	Back Squat 2 x 3 100%	2 x 3 105%	2 x 3 110%	<i>For some of you this may be too easy. That's because you don't CJ enough, haha!</i>
	Cycle 3 Min 40 ^{RPM}			