

Training Advice

Third 4-week block (weeks 9 – 12) at Week 11

Overview of Week

Simple proposition this week! The program reduces training intensity and volume for first 3 session of the week, so that you will feel in good shape on Saturday.

Remember last week's advice about **NOT** letting your expectations get the better of you. Next Saturday do not feel you have to achieve some extraordinary result but aim to beat what you lifted last Super Saturday by a small margin.

Use next Saturday as a dress rehearsal for the competition but leave your finest act for the competition itself.

So this week, try to put in a solid performance, fine tune your technique and avoid unnecessary failure. It's headspace time!

Worrying About Strength

I do not want maximum single squats this week or next. Instead, get good quality pulls and squats where the average of your top 3 sets is perhaps marginally better than last week. A kilo more will do. So, you should consult your training logs.

Seeing as Saturday will be somewhat heavy, the following week's training (week 12) will be mostly consolidation work on strength and power and a small volume of quality overhead lifts.

Don't worry about strength because you didn't hit certain numbers in squats and pulls. Finish each session thinking I could have gone heavier. Everyone is prone to thinking that you have to do a lift in training first before you can be successful on the competition platform. However, on the day of the competition, what you have recently done in training will NOT be in your mind. Well at least it shouldn't be. Your thoughts, in competition, should be focused on the immediate set or lift in front of you. Any other thought is a distraction.

Prepare a Competition Plan

Although it is easier on the mind to let me prepare the competition plan, you should take some measure of responsibility.

Here is what you should do:

- (a) Keep checking for information on day and time of your session. This will not be known until Monday 3 May at the earliest.
- (b) Workout what bodyweight you want to be on the eve of the competition and discuss with Leo if you need.
- (c) Purchase and store food for eating after the weigh-in. My recommendation is to eat little after the weigh-in except easily digestible carbohydrate food. There isn't time to digest protein before you will be warming up. You can drink plenty. Isotonic sports drinks are best.
- (d) Work out how much time you need to put on competition clothing and perform all the stretching and general warm-up you need to do before starting your actual weightlifting warm-up. Don't forget things like the time it takes to put thumb tape on. Knowing this time allotment is important. Mistakes are made because athletes disappear from the warm-up at crucial times.
- (e) Work out what sets and weights you will take in the warmup proper. Go to Downloads on the Academy site and get the **Competition Plan** card. Fill it out with what you think and email it to me. Of course, I may suggest some changes. But hey, the warm-up is a very fluid thing anyway.
- (f) Suggest what weights you think you **should** start at, not what weights you think you would like to start at.