

Training Advice for Masters

Third 4-week block (weeks 9 – 12) at Week 10

Please read!

As well as this training guidance please read the training guidance for seniors this week as well.

Early sets in each exercise for warm-up

Your program has been expanded to include guidance on warm-up sets (W-U – warm up).

For masters over 50, the 15Kg or 20Kg bar represents about 50% of your best Clean and Jerk, and this is an issue.

Make a habit of starting technical exercises with an 8 or 10Kg bar which will be nearer to 20% of your best Snatch or Clean & Jerk. This will allow you to move more freely as you warm up and develop your technique and speed better.

Errors in training volume

Due to the way your program has been notated, there has been a tendency to perform an insufficient number of sets. Programs previously just prescribed the top sets but you should take on board that all technique exercises will be 7-8 sets in total. The missing sets were the warm-up sets that were not prescribed. In other words don't just go straight to the target sets! It is for this reason that your program now has prescribed warm-up sets.

Using Percentages

For athletes with only a small amount of training practise (i.e. less than one year), percentages don't mean much. This is because you have not yet established maximum lifts in competition, and in any case it takes 3 - 4 competitions as a beginner before this can happen.

Percentages are therefore a very approximate guide. It will be easier for you to think of percentages in the following terms (next column):

Making sense of Percentages	
90%	Heavy, difficulty
80%	Medium difficulty, very typical training, mostly you can perform sets at this weight with missing lifts.
70%	Light, not difficult but still heavy enough to make you work a bit.
60%	Very light, you could perform many sets with little difficulty.
50% or below	Just warm-up weights