

Training Advice for Masters

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

This week's training

Day 1 and Day 3 are the main training sessions this week. Day 2 should be a lighter/easier day for recovery purposes.

You will note that the first two exercises on Day 1 and Day 3 are the same – Power Snatch, Power Clean & Jerk. Day 1 is lighter in these exercises and affords the opportunity for focus on technique. Day 3 is heavier giving you the opportunity to tackle some more challenging weights to prepare you for the platform.

There is good training on pulls and squats as well but don't go overboard. Your final sets on pulls and squats should be "comfortably" hard. This means you finished your last with some "petrol in the tank".

Registering for the Competition

Your next competition is on 15 May in Launceston. Please give it a go! Your main objective is to learn about competitions. My main objective is for you to experience success on the platform and enjoy the experience. This means I will select weights for you that you should be able to lift comfortably. You will get six lifts on the competition platform, and the target is to get all six passed by the referees. As an experienced coach I know that just being on the platform is challenge enough and so weights will be kept easy for you.

To register for the competition, you must first join Weightlifting Tasmania if you have not already done so. Go to: www.weightliftingtas.com and click on **JOIN** on the menu. Once you have done this, your membership must be approved but this takes only a few hours or day at the worst. Then you will receive an email from the Australian Weightlifting Federation (AWF) which will give you a five-digit code. Once you have this code, you can register for the competition. Do this by going back to www.weightliftingtas.com and click on **REGISTER** on the menu. You will need to verify your identity by providing your email address, date of birth and your AWF code.

You can pay membership fees and competition fees by Card.

Use of the word "Power"

It is a bit misleading here. Use of the word "Power", for example "Power Snatch" is not really an indication of the speed and acceleration of the bar, but more the word is used to describe a lift which does not result in a full depth Snatch or full depth Clean. It is a deliberate coaching intention not to push you to perform full depth movements because there is likely no advantage for you and quite probably a disadvantage if you acquire an injury as a result. Yes, there is still an advantage to work on achieving sufficient depth for a Snatch or Clean but not to go all the way down. Flexibility is the main limiting factor but also "deep" lifts tend to trouble the knees more.

The illustration below shows the borderline between what is considered a "Power" Snatch. Most of the time you don't get this deep, although it may feel as if you do. You can continue to work on developing deeper lifts but there is no need to go beyond parallel as shown in the illustration.

