

Week 2

Day 1	Today's Skill Drill	
Power Snatch	Perform a Power Snatch and stop motionless in receiving position for count of 2 in receiving position. Keep upright with bar directly over the head.	1
Power Clean & Jerk	Move feet fast and work on speed of drop in Power Clean. Brace in slightly forward position of trunk in receiving positions. Perform easy downward movement in the dip for the jerk and pause in receiving position of Jerk to practise balance.	2
Clean Pull to Knee	Pull from the ground to the top of kneecap, pause for count of 3 at this position, then lower slowly to the ground and repeat for further reps until set completed. Ensure shoulders remain slightly in front of bar at all times, and angle of back stays the same.	3
Front Squat (Partial)	Slow and careful partial front squat to bench and hover for count of 3 just above bench and recover to standing position. Repeat until all reps in the set are complete.	4
Abdominals	Perform 2 sets of front plank exercise for 30-45 seconds	
Flexibility	Perform stretches of hamstrings, adductors and quads, holding for 15 seconds on each stretch.	
Day 2	Today's Skill Drill	
Power Snatch from Knee	Slow movement of the bar from the knee to mid-thigh and then rapid acceleration. Ensure that there is contact of the bar on the thighs during the slower part of the pull and keep shoulders slightly in front of the bar for as long as possible.	5
Snatch Pull from Blocks	Ensure shins are vertical at start (Keep knees back). Slow pull from block to mid-thigh and then accelerate and finish in a vertical body position. Keep shoulders in front of bar for as long as possible and bar sliding on thighs.	6
Jerk from Rack	Practise fast and low foot movement. It should be difficult to see any gap between feet and the ground as they move. Practise balance in receiving position.	7
G Morn	Slowly forward bend, pause at end of range of movement for count of 3, and then return back to standing position with speed. Work on hamstring flexibility and keep back straight and tight.	8
B Squat (slow descent)	Practise a slow descent from top to bottom, counting to 5 as the squat proceeds. The femur should not be parallel to the ground until the count reaches 3. The descent should not change in velocity.	9
Abdominals	Perform 2 sets of front plank exercise for 30-45 seconds.	
Flexibility	Perform stretches of hamstrings, adductors and quads, holding for 15 seconds on each stretch.	

