

Week 3

Day 1		Today's Skill Drill	
Overhead Squat to Bench	5s x 3r	Start with bench relatively high but reduce height of bench by small amount after sets 2 and 4. Work to keep arms fully locked out with bar overhead.	1
Power Snatch	6s x 3r	Ensure foot movement is not too wide. Lots of light sets to develop speed and confidence under the bar. Work on balance in receiving position and with a good lockout.	2
Clean from Knee	6s x 3r	Start pull from knee and practise fast downward movement into receiving position. Feet should land flat and noisy. Stop motionless in receiving position for count of 2. Keep elbows high.	3
Push Press	5s x 3r	Ensure speed of dip is controlled (not too fast) and the upper body remains completely vertical. Pause very briefly (count of 2) at bottom of dip and then use legs to drive bar upwards to full extension above the head. Try to remain on tiptoes at end of movement and balance for a count of 2.	4
Front Squat	6s x 3r	Perform full front squat with relatively light weights into deep positions. Focus on keeping a very tight posture of the back with chest raised and elbows held high. Endeavour to keep back arched. If difficulties are experienced in keeping good back posture revert to a partial squat using a bench.	5
Abdominals		Choose an exercise from the chart and perform 3 sets of 10 reps	
Flexibility		Spend 10 minutes stretching hamstrings, adductors and quads.	
Day 2		Today's Skill Drill	
Power Snatch from Blocks	6s x 3r	Set blocks so that bar is just above knee. Pull smoothly from the block with straight arms and accelerate as bar reaches mid-thigh.	6
Power Clean & Jerk	6s x 3r	Ensure receiving position for clean is with elbows high and a slight forward lean of the body. Don't hurry the Jerks and ensure you work on balance in the receiving position.	7
Clean Pull	6s x 3r	Start with a little less than your last set of Power Clean & Jerk and perform about 6 sets of pulls finishing with about 15kg more than your last set of Power Clean & Jerk.	8
Back Squat with Slow Descent	6s x 3r	Start light but raise bar weight until squat are medium difficulty. Squat into deep positions. Focus on controlling speed of descent which must be purposefully slowed/	9
Press Behind Neck	5s x 5r	Start light and increase carefully without straining. Work on sustaining lockout.	10
Abdominals		Choose an exercise from the chart and perform 3 sets of 10 reps	
Flexibility		Spend 10 minutes stretching hamstrings, adductors and quads.	

