



Week 2

Day 1			
Power Snatch from Blocks	W3	80-82%	Wave training as per instructions (see Volume Guide below)
Snatch Pull to Knee	SV3	110%	Fight to keep back at same angle start to finish, brief pause at knee, lower slowly under control.
Jerk from Racks	NV3	75%	Work hard to perfect receiving position with a motionless pause for count of 2 each rep.
Front Squat	NV3	85%	Controlled descent and pause ONE REP in set in the lowest position briefly for count of 2.
Day 2			
Snatch Balance	NV3	75%	Stand straight, drop straight, sit straight. Don't poke head forwards. Only a very small push of the bar upwards off the shoulders. Focus on foot movement, dropping fast and depth.
Power Clean and Jerk	NV2	80%	Push 1Kg on each of last TWO sets. This is not mandatory.
Clean Pull	NV3	110%	Normal pulls, focusing on leg drive all the way through and attaining good acceleration in final stages of pull. Keep shoulders in front of bar as long as possible.
Back Squat	NV3	100%	Come back to 95% if too much of a struggle.
Day 3			
Snatch Pull (Mid-Range)	NV3	90%	Raise and lower the bar slowly between top of shins and mid-thigh, shoulders slightly forward of bar at all times, keep bar touching body
Push Press	NV3	60%	Work to sustain lockout with bar as high as possible above head.
Half Front Squat Isometric	NV2	90%	Use a bench as a target but avoid sitting or touching bench. Hold at lowest part of movement for a count of 5. It is pretty hard.
Press in Split Position	LV5	35%	Put rear knee on matt or something soft, push hips forward to stretch hip flexors
Day 4			
Power Snatch	W3	80-82%	Wave training as per instructions (see Volume Guide below)
Power Clean and Jerk	W2	80-82%	Wave training as per instructions (see Volume Guide below)
Clean Pull	NV3	110%	Prevent hips rising before shoulders. You need 3 sets only at top weight,
Back Squat	NV2	105%	Normal squats but always with a degree of control in final 25% of Squat.

Golden Rules

1. Your highest objective is the quality of your movement. This applies not only to lifts but also squats, pulls and other exercises. Quality means always being attentive to positional accuracy, movement fluency, balance, and stability. Ensure quality of movement even if it means reducing intensity.
2. Aim to complete the volume of the program even if it means reducing intensity unless you need to stop for injury concerns.
3. Do not be obsessive about living up to percentages in the program – they are a broad guide. Observe rules 1 and 2.
4. Weightlifters need to squat full depth. Ensure that you maintain full control in the downward movement of the squat for long-term knee health.
5. Overhead stability is a key to success – focus on this objective in every overhead lift that you do. Practise stabilising the bar overhead with a good lockout.
6. There is a structure to the program in terms of the balance of exercises and the fluctuation between hard and easy sessions. Therefore, be wary of changing the order of exercises or starting the week on a day other than Day 1.
7. Work on flexibility every day. If you do not do this, you will have adverse consequences.
8. Keep a training diary to record your training and bodyweight, and a record of your personal bests.
9. Monitor your physical condition and reflect on your training.

Volume Guide Level 3

Code	Total Sets	Work-up Sets	Work at designated intensity	Total Reps	Notes
LV5	8 sets	5s x 5r	3s x 5r	40	Presents a high-volume stimulus to promote fitness and strength development. Short rest intervals between sets (1½ - 2 mins maximum).
LV3	9 sets	4s x 5r	4s x 3r	32	Presents a high-volume stimulus to promote fitness and strength development but allows higher intensities to be reached.
W3	10 sets	As per pattern below			
NV3	9 sets	5s x 3r	4s x 3r	27	Provides solid practise on technique as well as strength and power development.
NV2	9 Sets	5s x 3r	4s x 2r	23	Used for technical exercises mostly but occasionally for squats and other strength exercises.
SV3	6 Sets	4s x 3r	2s x 3r	18	Smaller volume for exercises that serve as warm-ups for other exercises e.g., Split Squats before Jerks.
SV2	7 Sets	4s x 3r	3s x 2r	18	Used mostly for technical exercises but also for squats and other assistance exercises close to competitions.
SV1	8 Sets	3s x 3r 2s x 2r	3 singles	16	Presents a low volume that allows a focus on fine tuning performance to prepare for competition.

W2	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
	40%	50%	60%	70%	74%	77%	80%	75%	79%	82%
	2s x 3r	1s x 3r	1s x 3r	1s x 2r	1s x 2r	1s x 2r	1s x 2r	1s x 2r	1s x 1r	1s x 1r

W3	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6	Set 7	Set 8	Set 9	Set 10
	40%	50%	60%	70%	74%	77%	80%	75%	79%	82%
	2s x 3r	1s x 3r	1s x 3r	1s x 3r	1s x 3r	1s x 3r	1s x 3r	1s x 2r	1s x 2r	1s x 2r