



Week 3

Day 1			
Overhead Squat (Full)	SV2	85%	Focus on depth and being motionless at full depth. Add 1 – 2 singles at 90% if going well.
Snatch from Knee	SV2	85%	Focus on depth and being motionless at full depth. Add 1 – 2 singles at 90% if going well.
Snatch Pull	SV3	115%	Start at 90% and work forwards in 5% increments
Jerk from Racks	NV3	70%	Practise a lengthy hold in the receiving position for a count of 2 in at least one Jerk. Attempt to carry more weight on the back leg than the front. Keep back knee bent.
Front Squat	NV2	100%	Control rate of descent and effect a smooth glide to full depth position. Practise short stop at bottom with no loss of body tension in one rep each set EXCEPT last 3 sets.
Day 2			
Power Clean	NV2	70%	Motionless pause in the catch of the Power Clean for a count of 2. After pause, Front Squat at normal rate of descent ensuring full bracing of upper body.
Clean Pull	SV3	110%	Start at 85% and work forwards in 5% increments
Power Jerk	NV2	75%	Focus on achieving a fast drop and a motionless pause in the receiving position for the Power Jerk. Move feet laterally fast and low.
Split Squat	3 x 5	50%	Carry more weight on back leg, with knee well bent.
Back Squat, Slow Descent	NV3	90%	Count to 5 during descent. Parallel position should be achieved at the 3 count. Breath in before descent, breath out slow in second half for ascent.
Day 3			
Snatch Balance	SV3	70%	Minimal upward drive, maximal drop speed, pause in receiving position for count of 2
Power Snatch	NV3	70%	Work on fast finish and speed of movement under the bar. Make feet move fast and land flat.
Jerk, No Dip	3 x 5	60%	Start with upward push on bar with arms, no dip, fast downward drop. Work on exceptionally fast feet.
Snatch Pull, Slow Lowering	SV3	95%	No loss of tension or bracing of the body during the set. Lightly touch weights on ground
Snatch	W3	85%	Ensure you warm up well. Big effort to stop at the bottom of every snatch and sit up straight with bar overhead.
Clean and Jerk	W2	85%	Finish the pull well in the Clean, catching above parallel and keeping body bracing as you glide to the bottom of the squat. No relaxation in bottom of Squat. The interval between the Clean and the Jerk should be a count of 3. Breath and make upper body rigid in this time.
Clean Pull	SV3	115%	Start at 90% and work forwards in 5% increments
Back Squat	NV2	105%	Normal squatting but with controlled descent. 1-2 sets slightly above designated sets