



## Week 1

Day 1			
Power Snatch & Overhead Squat	NV3	70%	Do not rise out of the Power Snatch receiving position but stay motionless in receiving position ( <b>for count of 2</b> ) and then perform Overhead Squat with control to full depth.
Power Clean (drop and stop)	NV3	70%	Practicing the “drop and stop” ( <b>for a count of 2</b> ) to develop stability in the receiving position.
Press in Split Position	LV5	35%	Put rear knee on mat or something soft, push hips forward to stretch hip flexors. Bar, shoulders and hips should be in perfect alignment. Stretch hip flexors.
Jerk from Rack (long hold)	NV3	70%	Practicing the “drop and stop” ( <b>for a count of 3</b> ) to develop stability in the receiving position.
Front Squat (controlled descent)	NV3	80%	Keeping elbows high and back braced, control descent particularly in final 25% range of movement.
Day 2			
Overhead Squat (long deep sit)	SV3	70%	Practise full depth squat and hold position for <b>count of 3</b> each rep, yes, it's hard!
Snatch Balance	SV3	70%	The mantra is “Stand straight, drop straight, sit straight”. Focus on fast descent under the bar and allowing the bar to push you down into a deep squat. It does not help to drive the bar high.
Split Squat (long hold)	SV3	70%	Ensure front shin is vertical while lowering body into low receiving position (rear knee well bent). Hold this depth for <b>count of 3</b> for each rep. Keep body vertical and try to hold more weight on back leg than front leg.
Jerk Balance	SV3	40%	Start low, with back knee well bent, and stay low as you complete the movement. Front foot moves forward in a low fast action. Pause motionless in finishing position for <b>count of 2</b> .
Back Squat	LV3	85%	Work on foot spacing, knees over toes and control of movement. Perfect the quality of movement when you squat.
Day 3			
Power Snatch from High Block	SV3	70%	Continue to focus on fast foot movement and overhead stability, pausing briefly while the bar is overhead.
Snatch Mid-Thigh	SV3	70%	Be cautious of this exercise if you currently have any knee issues. Continue to work on fast foot movement, landing flat footed, and pausing in a deep receiving position.
Power Clean & Front Squat	NV3	75%	Do not rise out of Power Clean receiving position but stay motionless in receiving position for <b>count of 2</b> and then perform Front Squat with control to full depth.
Snatch Pull (Slow Lower and Touch)	SV3	100%	Keep back tight as you lower slowly from knee to floor, and just gently touch the ground before commencing pull again. Keep bar close or touching the body.
Jerk No Dip	SV3	60%	Keep as light as you need to ensure you can perform the Jerk with no dip. The object is to learn to drop fast into the receiving position and this will necessitate fast foot movement.
Push Press	SV3	60%	Ensure extension of elbows is smooth and continuous or drop back to lighter weight. Hold each rep overhead for <b>count of 3</b> and work on lockout.
Day 4			
3-Height Power Snatch	NV3	70%	Deliberately change the depth of receiving position each rep. In each set, perform first rep to normal depth, 2 <sup>nd</sup> rep lower by 5 centimetres, and 3 <sup>rd</sup> rep lower again.
Power Clean and Jerk	NV3	70%	Continue to work hard on briefly holding receiving positions in both the Clean and the Jerk. Develop core strength in the process!
Clean Pull	NV3	105%	Normal pulls, working on hip acceleration in the finish of the pull, feeling as if you could clean each rep.
Back Squat	NV3	90%	Perform squats today normally but pay attention to foot positioning and keeping knees over toes.
Press	LV5	35%	When performing press, always work to finish with a good lockout and the bar as high above the head as possible. Avoid slow grinding reps with weights that are too heavy.

## 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
<b>LV5</b>	8 sets	5s x 5r	3s x 5r	40	Training format presents a high-volume stimulus to promote fitness and strength development. Short rest intervals between sets (1½ - 2 mins maximum).
<b>LV3</b>	9 sets	4s x 5r	4s x 3r	32	Training format presents a high-volume stimulus to promote fitness and strength development but allows higher intensities to be reached.
<b>NV3</b>	9 sets	5s x 3r	4s x 3r	27	Training format provides solid practise on technique as well as strength and power development.
<b>NV2</b>	9 Sets	5s x 3r	4s x 2r	23	Training format is used for technical exercises mostly but occasionally for squats and other strength exercises.
<b>SV3</b>	6 Sets	4s x 3r	2s x 3r	18	Training format presents a smaller volume for exercises which serve as warm-ups for other exercises e.g., doing Overhead Squat before Power Snatch or Split Squats before Jerks.
<b>SV2</b>	7 Sets	4s x 3r	3s x 2r	18	Training format is mostly used for technical exercises but also for squats and other assistance exercises close to competitions when higher intensity training predominates.
<b>SV1</b>	8 Sets	3s x 3r 2s x 2r	3 singles	16	Training format presents a low volume that allows a focus on fine tuning performance to prepare for competition.