TRAINING WEIGHTLIFTING
www.trainingweightlifting.com

Instructions

Coding System	Percentages	Taper
This program uses a coding system (e.g., LV5, NV3, NV2, SV1) to prescribe the recommended sets and reps per exercise. Use the Volume Guide at the end of this program to interpret this coding.	This program uses percentages to quantify intensity. It is very important to understand the method for using percentages. For **all** Snatch exercises, the percentage is calculated from the personal best **Snatch**. For any exercise that is **not** a Snatch exercise, percentage is calculated from personal best **Clean and Jerk**. You should expect that you cannot always achieve the stated percentage in the program.	This program uses a "Taper" over the last week. A "taper" is a reduction in volume (Number of sets and reps) to allow for improvement of the athlete's well-being in preparation for a competition.

WARM-UP FOR SESSIONS

Before First Exercise: Warm-up is critical to your performance in Weightlifting, both in training and competitions. You should not be afraid to spend 15 mins warming up vigorously at the start of your session (vigorous means breaking into a sweat!). Warming up well has several known benefits including improvement in the speed and force of muscle contraction, greater muscle coordination, improved flexibility, and reduced risk of injury.

You should develop a warm-up routine that provides at least some elevation of heart rate, respiration and temperature, reduce muscle stiffness and improve range of motion in all joints. As a suggestion, the following routine will take between 5 - 5½ minutes to perform with an unloaded bar and serve as a basic warm-up. However, although this routine provides for basic mobilisation of the body, athletes would be well advised to follow with static stretches for quads, hamstrings, adductors and shoulders.

First few sets of each exercise: When performing any variation of the classical lifts (Snatch and Clean and Jerk), the first 5 sets are critical to the development and maintenance of skill. These first few sets in every exercise set the foundation for what is to come. Therefore, if you do not focus your mind on good technique in your early warm-up sets, you will be inconsistent in technique in the sets of higher intensity that follow. Then over time, if you pay insufficient attention to those first few sets, it will have a significant and long-term detrimental effect on your skill.

Flexibility: Weightlifting is a sport that requires excellence in flexibility. A lack of flexibility limits the athlete's ability to attain excellence in receiving positions for the snatch, clean and jerk. A lack of flexibility can also affect the athlete in the pull by causing difficulty with keeping the back straight and resulting in the athlete being more prone to back injury. A lack of hamstring flexibility can cause this. Furthermore, as leg strength is gained, the quadriceps can become very tight and this may result in tendon soreness around the knee cap. Ideally Weightlifters should incorporate stretching before and after training, and also on days off! Suggestions for flexibility training are included in each session and a chart of flexibility exercises is provided at end of program.

The Weightlifter's Mobilisation Routine with an unloaded bar (5 - 5½ minutes)
Half Back Squat – 10 reps
Press behind neck – 10 reps
Half Back Squat – 10 reps
Press behind neck – 10 reps
30 second rest
Full Back Squat – 10 reps
Press behind neck – 10 reps
Good mornings – 10 reps
Full Back Squat – 10 reps
Press behind neck – 10 reps
Good mornings – 10 reps

TRAINING WEIGHTLIFTING
www.trainingweightlifting.com

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.

Meaning of "Push"

In this program, the word "PUSH" is frequently used e.g." Push 2's" or "Push 3's". When you see "PUSH", your first objective is to reach the prescribed intensity and if you do so **without struggle**, your second objective is to push beyond the prescribed intensity **by a small margin**. If you struggle to reach the prescribed intensity **do not push** beyond.

Example: An athlete has a best Clean & Jerk of 100Kg, and the training program prescribes Clean & Jerk up to 80% for 2 reps. Here are examples of normal training and training with a "push".

No Push

Normal training – athlete stays at the prescribed intensity.

$\frac{80Kg}{2}$	$\frac{80Kg}{2}$	$\frac{80Kg}{2}$

No increment each set.

Push

Athlete reaches prescribed intensity and then performs additional sets increasing the weight by a very small amount (Kg) each set.

$\frac{80kg}{2}$	$\frac{81kg}{2}$	$\frac{82kg}{2}$	$\frac{83Kg}{2}$

Small increments each set.

tw TRAINING WEIGHTLIFTING
www.trainingweightlifting.com

Training Program

Week 1			Week 2			Week 3		
Day 1			**Day 1**			**Day 1**		
P Snatch	NV3	70%	P Snatch	NV3	70% push 3's	P Snatch	NV3	75%
S Pull Blk	LV5	110%	S Pull Blk	LV5	110%	S Pull Blk	LV5	110%
P Press	LV3	55%	P Press	LV3	55% push 3's	P Press	LV3	55%
B Squat	LV5	85%	B Squat	LV5	85% push 5's	B Squat	LV5	90%
Ab Grp 1			Ab Grp 1			Ab Grp 1		
Flex Grp 1			Flex Grp 1			Flex Grp 1		
Day 2			**Day 2**			**Day 2**		
O Squat	NV3	75%	O Squat	NV3	75%	O Squat	NV3	80%
Clean	NV3	75%	Clean	NV2	80% push 2's	Clean	NV2	80%
Jerk f Rk	NV3	70%	Jerk f Rk	NV3	70%	Jerk f Rk	NV3	70%
F Squat	NV3	85%	F Squat	NV3	85%	F Squat	NV3	80%
S Press	LV5	40%	S Press	LV5	40% push 5's	S Press	LV5	40% push 5's
Ab Grp 2			Ab Grp 2			Ab Grp 2		
Flex Grp 2			Flex Grp 2			Flex Grp 2		
Day 3			**Day 3**			**Day 3**		
Sn f Knee	NV3	70%	S Bal	NV3	70%	S Drop	NV3	60%
P Clean	LV3	70%	PCJ	NV3	70%	Jerk f Rk	NV3	75%
Sp Squat	SV3	60%	C Pull	NV3	105%	Sp Squat	SV3	60%
Jerk f Rk	NV3	70%	B Squat	LV3	80%	G Morn	LV5	50%
G Morn	NV3	40%	Press	LV5	40%	Press	LV5	40%
Ab Grp 3			Ab Grp 3			Ab Grp 3		
Flex Grp 3			Flex Grp 3			Flex Grp 3		
Day 4			**Day 4**			**Day 4**		
S Bal	NV3	70% push 3's	Sn f Knee	NV2	70% push 2's	Sn f Knee	NV2	75% push 2's
PCJ	NV3	70%	P Clean	LV3	70% push 3's	PCJ	NV2	75% push 2's
C Pull	NV3	100% push 3's	Sp Squat	SV3	60%	C Pull	LV3	105% push 3's
B Squat	NV3	85% push 3's	Jerk f Rk	NV3	75%	F Squat	NV3	85% push 3's
Press	LV5	40%	F Squat	NV3	85% push 3's			
Ab Grp 4			Ab Grp 4			Ab Grp 4		
Flex Grp 4			Flex Grp 4			Flex Grp 4		

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	This format of training with 5 repetitions per set all the way through the exercises presents a high-volume stimulus and is mostly used to promote fitness and strength development. Short rest intervals between sets (1½ - 2 mins maximum), sets must be performed with no stopping.
LV3	9 sets	4s x 5r	5s x 3r	35	This format of training is a mixture of sets of 5 reps and 3 reps and presents a high-volume stimulus to promote fitness and strength development. Performing 3 sets of 3 reps at the designated intensity after 5 sets of 5 reps is intended to be hard work. Rest intervals should be not more than 2 mins duration.
NV3	9 sets	5s x 3r	4s x 3r	27	This format is the most common format for training and is used for technical as well as strength development exercises. Performing 3 sets of 3 reps at the designated intensity provides a very good training stimulus. It provides solid practise on technique as well as strength and power development. Rest intervals should be not more than 2 mins duration.
NV2	9 Sets	5s x 3r	4s x 2r	23	This format is used for technical exercises mostly but occasionally for squats and other strength exercises. There are 5 work-up sets and then 3 sets of 2 reps at the designated intensity. This format of training tends to be used closer to competitions when higher intensity training predominates. Rest intervals should be not more than 2 mins duration.
SV3	6 Sets	4s x 3r	2s x 3r	18	The smaller volume format may be used when doing exercises which are warm-ups for other exercises e.g. doing Overhead Squat before Power Snatch or Split Squats before Jerks.
SV2	7 Sets	4s x 3r	3s x 2r	18	This format is used for technical exercises but also for squats and other assistance exercises. It is used closer to competitions when higher intensity training predominates. Rest intervals should be not more than 2 mins duration.
SV1	7 Sets	3s x 3r 2s x 2r	2 singles	15	This low volume format is used in the last few weeks of the training program when it is necessary to reduce the training stress to allow the athlete to prepare for competition.

Version 5