

Week 13 - Standard Taper Week

Day 1

Warm-up Light and easy mobility work for 10 mins

Snatch	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 3 60%	1 x 2 70%	1 x 2 75%	1 x 2 80%	1 x 1 84%	1 x 1 87%	1 x 1 90%
Clean & Jerk	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 3 60%	1 x 2 70%	1 x 2 75%	1 x 2 80%	1 x 1 84%	1 x 1 87%	1 x 1 90%
Back Squat	Percent of C & J	1 x 3 50%	1 x 3 60%	1 x 3 70%	1 x 2 80%	1 x 2 90%	1 x 2 100%	1 x 1 105%	1 x 1 110%	

Warm-down Light and easy mobility work for 10 mins

Day 2

Warm-up Light and easy mobility work for 10 mins

Power Snatch	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 2 60%	1 x 2 65%	1 x 2 70%	1 x 1 74%	1 x 1 77%	1 x 1 80%
Power Clean & Jerk	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 2 60%	1 x 2 65%	1 x 2 70%	1 x 1 74%	1 x 1 77%	1 x 1 80%
Front Squat		1 x 3 40%	1 x 3 60%	1 x 3 70%	1 x 2 80%	1 x 2 90%	1 x 2 100%		

Warm-down Light and easy mobility work for 10 mins

Day 3

Warm-up Light and easy mobility work for 10 mins

Snatch	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 2 60%	1 x 2 65%	2 x 2 70%
Clean & Jerk	Warm up with bar well	2 x 3 40%	1 x 3 50%	1 x 2 60%	1 x 2 65%	2 x 2 70%

Warm-down Light and easy mobility work for 10 mins