

Wk 12	W-U Set 1	W-U Set 2	W-U Set 3	Target 1	Target 2	Target 3	
Day 1	Cycle 5 Min 35 ^{RPM}						
	Overhead Squat to Bench	2 x 5 10Kg Bar	1 x 5 15Kg Bar	1 x 5 50%	1 x 4 55%	1 x 3 60%	<i>Just a warm up</i>
	Power Snatch	2 x 5 10Kg Bar	1 x 5 15Kg Bar	1 x 3 50%	2 x 2 70%	2 x 1 75%	<i>Keep to percentage</i>
	Jerk from Racks	2 x 5 10Kg Bar	1 x 5 50%	1 x 5 60%	2 x 2 75%		<i>Keep to percentage</i>
	Front Squat	1 x 5 50%	1 x 3 60%	1 x 3 70%	1 x 3 80%	1 x 3 85%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}						
Day 3	Cycle 5 Min 35 ^{RPM}						
	Power Snatch	2 x 5 Bar	1 x 3 50%	1 x 3 65%	1 x 2 85%	1 x 1 90%	<i>Keep to percentage</i>
	P Clean & Jerk	2 x 5 Bar	1 x 3 50%	1 x 3 65%	1 x 2 85%	1 x 1 90%	<i>Keep to percentage</i>
	Clean Pull	2 x 3 65%	1 x 3 75%	1 x 3 85%	2 x 3 100%	2 x 3 105%	<i>Keep to percentage</i>
	Back Squat	2 x 3 50%	1 x 3 70%	1 x 3 80%	1 x 3 95%	1 x 2 100%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}						
Day 4	Cycle 5 Min 35 ^{RPM}						
	Power Snatch	2 x 5 10Kg Bar	1 x 5 15Kg Bar	1 x 3 50%	2 x 2 70%	2 x 2 75%	<i>Keep to percentage</i>
	P Clean & Jerk	2 x 5 Bar	1 x 3 50%	1 x 3 65%	2 x 2 70%	2 x 2 75%	<i>Demonstrate LONG holds overhead and Keep to Percentage</i>
	Clean Pull	2 x 3 65%	1 x 3 75%	1 x 3 85%	1 x 3 105%	1 x 3 110%	<i>Keep to percentage</i>
	Back Squat	1 x 5 50%	1 x 3 60%	1 x 3 70%	1 x 3 85%	2 x 3 90%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}						