

Wk 12	Target 1			Target 2		Target 3		
Day 1	Cycle 5 Min 35 ^{RPM}							
	Overhead Squat	1 x 5	50%	1 x 4	55%	1 x 3	60%	<i>Just a warm up</i>
	Power Snatch	2 x 3	65%	2 x 2	70%	2 x 1	75%	<i>Keep to percentage</i>
	Snatch from Knee	2 x 2	70%	1 x 2	75%	1 x 1	80%	<i>Keep to percentage</i>
	Jerk from Racks	2 x 3	70%	2 x 2	75%			<i>Keep to percentage</i>
	Front Squat	1 x 3	75%	1 x 3	80%	1 x 3	85%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}							
Day 2	Cycle 5 Min 35 ^{RPM}							
	Snatch	1 x 3	78%	2 x 2	82%	2 x 2	85%	<i>Keep to percentage</i>
	P Clean & Jerk	2 x 2	75%	2 x 2	80%	2 x 1	85%	<i>Demonstrate LONG holds overhead and Keep to Percentage</i>
	Clean Pull	2 x 3	95%	2 x 3	100%	2 x 3	105%	<i>Keep to percentage</i>
	Back Squat	2 x 3	80%	2 x 2	90%	2 x 1	95%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}							
Day 3	Cycle 5 Min 35 ^{RPM}							
	Snatch	1 x 3	80%	1 x 2	85%	1 x 1	90%	<i>Keep to percentage</i>
	Clean & Jerk	1 x 2	80%	1 x 2	85%	1 x 1	90%	<i>Keep to percentage</i>
	Snatch Pull	2 x 3	95%	2 x 3	100%	2 x 3	105%	<i>Keep to percentage</i>
	Front Squat	1 x 3	90%	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	1 x 3	65%	2 x 2	70%	2 x 2	75%	<i>Keep to percentage</i>
	P Clean & Jerk	1 x 3	65%	2 x 2	70%	2 x 2	75%	<i>Demonstrate LONG holds overhead and Keep to Percentage</i>
	Clean Pull	1 x 3	100%	1 x 3	105%	1 x 3	110%	<i>Keep to percentage</i>
	Back Squat	1 x 3	80%	1 x 3	85%	2 x 3	90%	<i>Keep to percentage</i>
	Cycle 3 Min 40 ^{RPM}							