



Week 4

Day 1		Today's Skill Drill	
Snatch Bal	6s x 3r	Perform only to half depth but still ensure that bar is locked out directly above head, and that movement downwards under the bar is fast.	1
Jerk from Rack	7s x 3r	Start with bar and increase 2Kg each set. Practise fast and low foot movement. It should be difficult to see any gap between feet and the ground as they move. Practise balance in receiving position.	2
Cl Pull f Blk	6s x 3r	Work up to weights that are challenging but always try to hold balance in position of full extension.	3
Front Squat	P8-2	Starting with 8 reps on just the bar, increase 3Kg each set but reduce one repetition until you reach a set of two reps. Perform squats to bench to limit depth to half-depth. Keep elbows raised high.	4
Abdominals		Choose an exercise from the chart and perform 3 sets of 10 reps	5
Flexibility		Spend 10 minutes stretching hamstrings, adductors and quads.	
Day 2		Today's Skill Drill	
Power Snatch	4s x 3r 3s x 2r	Start with a bar and increase 2Kg per set.	6
Power C & J	4s x 3r 3s x 2r	Start with a bar and increase 3Kg per set.	7
Clean Pull	6s x 3r	Start from Bar loaded only with full-sized technique discs	8
Back Squat	P10-3	Starting with 10 reps on just the bar, increase 3Kg each set but reduce one repetition until you reach a set of two reps. Perform squats to bench to limit depth to half-depth. Control descent carefully.	9
Seated Press	5s x 5r	Keep relatively light and focus on practise lockout with full elevation of shoulder girdle.	10
AbEx04			
Flex Grp 1			