

## Week 4

Day 1			
Overhead Squat	4 x 3	60%	Just a warm-up, just one set at stated percentage
Snatch f Top Thigh	4 x 3	50%	Working on speed of drop. Try to drop instantly low.
Snatch	SV2	75%	Delay acceleration until mid-thigh, strong pull finish and work on fast movement into low position.
Split Squats	3 x 3	70%	Rear femur vertical, keep 60% of weight on back leg, pause at lowest position
Jerk from Racks	4 x 3	70%	Duplicate position achieved in split squats; femur vertical, easy in the dip
Front Squat	6 x 3	85%	Smooth squat, short pause at bottom one rep out of three.
Day 2			
Snatch Pull	NV3	110%	Start at 50% and increment in 10% jumps approx. until 100%, then one set at 105% and TWO sets at 110% The objectives are: smooth take from the ground, late acceleration at mid-thigh, and holding full extension position balance for brief interval.
Snatch	NV2	80%	Starting with an empty bar, increment 10% each set until 60%, and then by 5% increments. Work on smooth pull from ground, late acceleration, and stopping still in receiving position with bar firmly locked out overhead.
Power Clean and Jerk	NV2	80%	Starting with an empty bar, increment 10% each set until 60%, and then by 5% increments. Work on fast footwork in Power Clean, and a steady unhurried dip for the Jerk. Rely on dropping fast under bar and ensuring you "stick" the receiving position for count of 2.
Back Squat	NV3	105%	Work on control in descent, keeping rigid in posture in bottom position and driving up hard out of Squat.
Day 3			
Power Snatch	NV2	75%	Start at 50% and increment in 5% jumps approx. Aim for four (4) sets at designated intensity but increase 1% each set.
Clean and Jerk	NV2	70%	Keep this to 70% as you will have Clean and Jerk in next session heavier.
Front Squat	NV2	95%	Smooth descent. No pause at bottom but work on full depth.
Good Mornings	LV5	50%	Slow descent, fast rise. Keep descent angle to not much more than the angle of the back at the start of a Snatch Pull.
Day 4			
Snatch	SV1	90%	Focus in all warm-up sets with prolonged stop in full depth receiving position.
Clean and Jerk	SV1	90%	Finish the pull well, catching above parallel and keeping body braced as you glide to the bottom of the squat. No relaxation in bottom of Squat. The interval between the Clean and the Jerk should be a count of 3. Maximise body rigidity in Jerk dip/
Clean Pull	5 x 3	110%	Start at 50% and increment in 10% jumps approx. until 100%, then one set at 105% and TWO sets at 110% The objectives are: smooth take from the ground, late acceleration at mid-thigh, and holding full extension position balance for brief interval.
Back Squat	SV1	110%	Single squats in the last three sets should not be a struggle. If so, drop to a lower weight.