

2020-21 Summer Training Program
Leading to Chris Chugg Memorial Tournament
11 Weeks

SUGGESTED TRAINING SCHEDULE

For Weeks 1 - 3 (weeks commencing 13th, 20th, 27th Dec 2021)

Instructions:

Wk1: Aim for 80% of what you think you could achieve on all exercises, deliberately undershoot and keep training easy. Stay well a way from challenging weights. Focus on wellbeing and body maintenance.

Wk2: Aim for 90% of what you think you could achieve on all exercises. Just make Week 2 slightly harder but deliberately undershoot maximums. For ALL athletes if you make training 3 times during this week, you have done well.

Wk3: Make top sets reasonably hard but don't over do it, especially on technique exercises.

	3 DPW Schedule	4 DPW Schedule	5 DPW Schedule
Day 1	Cycle Med Int. 5mins Cycle High Int. 3mins Back Squat 4s x 6r Back Squat 5s x 3r Clean Pull Slow Lower & Touch 5s X 5r Narrow Grip Ohd Squat to Bench 7s x 3r Seated Press 6s x 5r Hyperextensions on GHD 3s x 10r	Cycle Med Int. 5mins Cycle High Int. 3mins Back Squat 4s x 6r Back Squat 5s x 3r Clean Pull Slow Lower & Touch 5s X 5r Narrow Grip Ohd Squat to Bench 7s x 3r Seated Press 6s x 5r Hyperextensions on GHD 3s x 10r	Cycle Med Int. 5mins Cycle High Int. 3mins Back Squat 4s x 6r Back Squat 5s x 3r Clean Pull Slow Lower & Touch 5s X 5r Narrow Grip Ohd Squat to Bench 7s x 3r Seated Press 6s x 5r Hyperextensions on GHD 3s x 10r
Day 2	Cycle Med Int. 5mins Cycle High Int. 3mins Front Squat to Bench 7s x 4r Good Mornings 7s x 5r Jerk Dips Iso 6s x 3r (count to 5) Snatch Pull from Blocks 6s x 5r Weighted Planking 3s x 45 sec with 10Kg	Cycle Med Int. 5mins Ohd Squat Long Sit, 4s x 3r, count to 4 Snatch from Mid-Thigh, 6s x 3r Split Squat, Deep Back Knee, 3s x 5r Jerk with no Dip, 5s x 3r Jerk with Dip, 4s x 3r Power Clean, 6s x 4r	Cycle Med Int. 5mins Ohd Squat Long Sit, 4s x 3r, count to 4 Snatch from Mid-Thigh, 6s x 3r Split Squat, Deep Back Knee, 3s x 5r Jerk with no Dip, 5s x 3r Jerk with Dip, 4s x 3r Power Clean, 6s x 4r
Day 3	Cycle Med Int. 5mins Cycle High Int. 3mins Power Clean, 3s x 3r, 3s x 4r Ohd Squat Long Sit, 4s x 3r, count to 4 Snatch from Mid-Thigh, 6s x 3r Back Squat, 2s x 8r, 2s x 6r, 2s x 5r, 2s x 4r Narrow Grip Ohd Squat to Bench 7s x 3r Hyperextensions on GHD 3s x 10r	Cycle Med Int. 5mins Cycle High Int. 3mins Front Squat to Bench 7s x 4r Good Mornings, 7s x 5r Jerk Dips Iso, 6s x 3r (count to 5) Snatch Pull from Blocks 6s x 5r Weighted Planking 3s x 45 sec with 10Kg	Cycle Med Int. 5mins Cycle High Int. 3mins Front Squat to Bench 7s x 4r Good Mornings, 7s x 5r Jerk Dips Iso, 6s x 3r (count to 5) Snatch Pull from Blocks 6s x 5r Weighted Planking 3s x 45 sec with 10Kg
Day 4		Cycle Med Int. 5mins Snatch Balance 3s x 3r, 3s x 2r Snatch from Blocks, 4s x 3r, 2s x 2r Jerk from Racks, 5s x 3r, 2s x 2r Back Squat, 2s x 8r, 2s x 6r, 2s x 5r, 2s x 4r Narrow Grip Ohd Squat to Bench 7s x 3r	Cycle Med Int. 5mins Cycle High Int. 3mins Power Clean, 3s x 3r, 3s x 4r Ohd Squat Long Sit, 4s x 3r, count to 4 Snatch from Mid-Thigh, 6s x 3r Back Squat, 2s x 8r, 2s x 6r, 2s x 5r, 2s x 4r Narrow Grip Ohd Squat to Bench 7s x 3r Hyperextensions on GHD 3s x 10r
Day 5			Cycle Med Int. 5mins Snatch Balance 3s x 3r, 3s x 2r Snatch from Blocks, 4s x 3r, 2s x 2r Jerk from Racks 5s x 3r, 2s x 2r Back Squat, 2s x 8r, 2s x 6r, 2s x 5r, 2s x 4r Narrow Grip Ohd Squat to Bench 7s x 3r