

General Preparation

Athletes Name:

Week 1

26/12/2022

		Exercise	Sets	Reps	intensity	Comments	
Session 1	A1	Snatch Priming Exercise	3 - 2 -	- -	50 - 60 % 60 - 70 %	Ask your coach for a technical exercise to do during your warm up	
	B1	Hang Snatch	4 - 5 -	3 - -	75 - 80 % -		
	C1	Tempo Back Squat	3 - -	6 - -	70 - % -		(3 second Descent)
	D1	Strict Press	1 - -	- -	8 - RM -	Work up to 8RM, minimum 2 warm up sets	
	E1	Side Plank	3 - -	- -	20 - Sec -		
	E2	Anti-Rotation	1 - -	- -	12 - RM -		minimum 2 warm up sets
		Exercise	Sets	Reps	intensity	Comments	
Session 2	A1	Drop Landings	4 - -	4 - -	- -		
	A2	Pogo Hops	4 - -	- -	20 - Sec -		
	B1	Clean Priming Exercise	3 - 2 -	- -	50 - 60 % 60 - 70 %		Ask your coach for a technical exercise to do during your warm up
	C1	Hang Clean + Power Jerk	4 - -	3+1 - -	75 - 80 % -		
	D1	Back Squat (Heavy)	3 - -	5 - -	75 - % -	minimum 2 warm up sets	
	E1	Split Squat	1 - -	- -	8 - RM -		
	F1	Bent Over Row	1 - -	- -	10 - RM -		Work up to 10RM, minimum 2 warm up sets
	G1	Deadbug	3 - -	- -	10 es -		
	G2	Front Plank	3 - -	- -	20 - Sec -		
			Exercise	Sets	Reps	intensity	Comments
	Session 3	A1	Snatch Priming Exercise	3 - 4 2 - 3	- -	50 - 60 % 60 - 70 %	Ask your coach for a technical exercise to do during your warm up
		B1	Snatch (Heavy)	2 - 2 -	2 - 2 -	75 - % 80 - %	
2 - -				2 - -	85 - % -		
C1		Clean Priming Exercise	3 - 2 -	- -	50 - 60 % 60 - 70 %	Ask your coach for a technical exercise to do during your warm up	
D1		Clean & Jerk (Heavy)	2 - 2 -	2+1 - 2+1 -	75 - % 80 - %		
			2 - -	2+1 - -	85 - % -		
E1		Snatch Deadlift	1 - -	3 - -	- -	as heavy as you can go without losing your position for 3 reps, perform a minimum of 2 warm up sets	
F1		Hang Clean Pulls	1 - -	8 - -	- -	as heavy as you can Pull to Navel for 8 reps, minimum 2 warm up sets	
G1		Hip Thrust	1 - -	- -	12 - RM -	Work up to 12RM, minimum 2 warm up sets	
G2		Glute Kick Back	1 - -	- -	12 - RM -	Work up to 12RM, minimum 2 warm up sets	

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name:

Week 2

02/01/2023

	Exercise	Sets	Reps	intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	B1 Hang Snatch	5 - 6	3 -	75 - 80 %	
		-	-	-	
	C1 Tempo Back Squat	3 -	5 -	70 - 75 %	(4 second Descent)
		-	-	-	
	D1 Strict Press	3 -	6 -	8 - RM	minimum 1 warm up set
	-	-	-		
E1 Side Plank	3 -	-	25 - Sec		
	-	-	-		
E2 Anti-Rotation	3 -	10 es	12 - RM		
	-	-	-		
Session 2	Exercise Sets Reps intensity Comments				
	A1 Drop Landings	5 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	5 -	-	20 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	5 - 6	3+1 -	75 - 80 %	
		-	-	-	
	D1 Back Squat (Heavy)	4 -	5 -	75 - %	
		-	-	-	
	E1 Split Squat	3 -	6 es	8 - RM	
		-	-	-	
	F1 Bent Over Row	3 -	8 -	10 - RM	minimum 1 warm up sets
	-	-	-		
G1 Deadbug	3 -	-	10 es		
	-	-	-		
G2 Front Plank	3 -	-	25 - Sec		
	-	-	-		
Session 3	Exercise Sets Reps intensity Comments				
	A1 Snatch Priming Exercise	3 - 4	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 - 3	-	60 - 70 %	
	B1 Snatch (Heavy)	3 -	2 -	80 - %	
		3 -	2 -	85 - %	
		-	-	-	
		-	-	-	
	C1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	D1 Clean & Jerk (Heavy)	3 -	2+1 -	80 - %	
		3 -	2+1 -	85 - %	
		-	-	-	
		-	-	-	
	E1 Snatch Deadlift	3 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
		-	-	-	
	F1 Hang Snatch Pulls	2 -	8 -	-	same weight as lifted on week 1, minimum 1 warm up set
		-	-	-	
G1 Hip Thrust	3 -	10 -	12 - RM	minimum 1 warm up set	
	-	-	-		
G2 Glute Kick Back	3 -	10 -	12 - RM	minimum 1 warm up set	
	-	-	-		

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name:

Week 3

09/01/2023

	Exercise	Sets	Reps	intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	B1 Hang Snatch	4 -	3 -	75 - 80 %	
		-	-	-	
	C1 Tempo Back Squat	3 -	4 -	75 - %	(5 second Descent)
		-	-	-	
	D1 Strict Press	3 -	6 -	8 - RM	minimum 1 warm up set
	-	-	-		
E1 Side Plank	3 -	-	30 - Sec		
	-	-	-		
E2 Anti-Rotation	3 -	10 es	12 - RM		
	-	-	-		
Session 2	Exercise Sets Reps intensity Comments				
	A1 Drop Landings	6 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	6 -	-	20 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	4 -	3+1 -	75 - 80 %	
		-	-	-	
	D1 Back Squat (Heavy)	5 -	5 -	75 - %	
		-	-	-	
	E1 Split Squat	3 -	6 es	8 - RM	
		-	-	-	
	F1 Bent Over Row	3 -	8 -	10 - RM	minimum 1 warm up sets
	-	-	-		
G1 Deadbug	3 -	-	12 es		
	-	-	-		
G2 Front Plank	3 -	-	30 - Sec		
	-	-	-		
Session 3	Exercise Sets Reps intensity Comments				
	A1 Snatch Priming Exercise	3 - 4	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 - 3	-	60 - 70 %	
		4 - 5	2 -	85 - %	
	B1 Snatch (Heavy)	-	-	- %	
		-	-	-	
		-	-	-	
	C1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
		4 - 5	2+1 -	85 - %	
		-	-	-	
	D1 Clean & Jerk (Heavy)	-	-	-	
		-	-	-	
		-	-	-	
E1 Snatch Deadlift	4 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set	
	-	-	-		
F1 Hang Snatch Pulls	3 -	8 -	-	same weight as lifted on week 1, minimum 1 warm up set	
	-	-	-		
G1 Hip Thrust	3 -	10 -	12 - RM	minimum 1 warm up set	
	-	-	-		
G2 Glute Kick Back	3 -	10 -	12 - RM	minimum 1 warm up set	
	-	-	-		

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name:

Week 4

16/01/2023

	Exercise	Sets	Reps	intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	B1 Hang Snatch	4 - 5	2 -	80 - 85 %	
		-	-	-	
	C1 Tempo Back Squat	4 -	3 -	75 - 80 %	(5 second Descent)
		-	-	-	
	D1 Strict Press	1 -	-	6 - RM	Work up to 6RM, minimum 2 warm up sets
	-	-	-		
E1 Side Plank	3 -	-	35 - Sec		
	-	-	-		
	E2 Anti-Rotation	3 -	-	10 - RM	
		-	-	-	
Session 2					
	A1 Drop Landings	6 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	6 -	-	25 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	4 - 5	2+1 -	80 - 85 %	
		-	-	-	
	D1 Back Squat (Heavy)	2 -	5 -	75 - %	minimum 2 warm up sets
		1 -	5 -	80 - %	
	E1 Split Squat	1 -	-	6 - RM	
		-	-	-	
	F1 Bent Over Row	1 -	-	8 - RM	Work up to 8RM, minimum 2 warm up sets
	-	-	-		
G1 Deadbug	3 -	-	12 es		
	-	-	-		
G2 Front Plank	3 -	-	35 - Sec		
	-	-	-		
Session 3					
	A1 Snatch Priming Exercise	3 - 4	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 - 3	-	60 - 70 %	
		2 -	2 -	80 - %	B1 Snatch (Heavy)
		2 -	2 -	85 - %	
		1 - 2	1 -	90 - %	
		-	-	-	
	C1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
		2 -	2+1 -	80 - %	D1 Clean & Jerk (Heavy)
		2 -	2+1 -	85 - %	
		1 - 2	1+1 -	90 - %	
		-	-	-	
	E1 Snatch Deadlift	5 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
		-	-	-	
	F1 Hang Snatch Pulls	1 -	6 -	-	as heavy as you can Pull to Navel for 6 reps, minimum 2 warm up sets
		-	-	-	
G1 Hip Thrust	1 -	-	10 - RM	Work up to 10RM, minimum 2 warm up sets	
	-	-	-		
G2 Glute Kick Back	1 -	-	10 - RM	Work up to 10RM, minimum 2 warm up sets	
	-	-	-		

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name:

Week 5

23/01/2023

	Exercise	Sets	Reps	intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	B1 Hang Snatch	5 - 6	2 -	80 - 85 %	
		-	-	-	
	C1 Tempo Back Squat	4 -	4 -	75 - 80 %	(5 second Descent)
		-	-	-	
	D1 Strict Press	3 -	4 -	6 - RM	minimum 1 warm up set
	-	-	-		
E1 Side Plank	3 -	-	40 - Sec		
	-	-	-		
E2 Anti-Rotation	3 -	8 es	10 - RM		
	-	-	-		
Session 2	Exercise Sets Reps intensity Comments				
	A1 Drop Landings	6 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	6 -	-	30 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	5 - 6	2+1 -	80 - 85 %	
		-	-	-	
	D1 Back Squat (Heavy)	2 -	5 -	75 - %	Work Up to new 5RM
		2 -	5 -	80 -	
	E1 Split Squat	3 -	4 -	6 - RM	
		-	-	-	
	F1 Bent Over Row	3 -	6 -	8 - RM	minimum 1 warm up sets
	-	-	-		
G1 Deadbug	3 -	-	15 es		
	-	-	-		
G2 Front Plank	3 -	-	40 - Sec		
	-	-	-		
Session 3	Exercise Sets Reps intensity Comments				
	A1 Snatch Priming Exercise	3 - 4	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 - 3	-	60 - 70 %	
	B1 Snatch (Heavy)	3 -	2 -	85 - %	
		2 - 3	1 -	90 - %	
		-	-	-	
		-	-	-	
	C1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	D1 Clean & Jerk (Heavy)	3 -	2+1 -	85 - %	
		2 - 3	1+1 -	90 - %	
		-	-	-	
		-	-	-	
	E1 Snatch Deadlift	3 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
	-	-	-		
F1 Hang Snatch Pulls	2 -	6 -	-	same weight as lifted on week 4, minimum 1 warm up set	
	-	-	-		
G1 Hip Thrust	3 -	8 -	10 - RM	minimum 1 warm up set	
	-	-	-		
G2 Glute Kick Back	3 -	8 -	10 - RM	minimum 1 warm up set	
	-	-	-		

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name:

Week 6

30/01/2023

	Exercise	Sets	Reps	Intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	<i>Ask your coach for a technical exercise to do during your warm up</i>
		2 -	-	60 - 70 %	
	B1 Hang Snatch	6 - 7	2 -	80 - 85 %	
	C1 Tempo Back Squat	3 -	3 -	75 - %	(3 second Descent)
	D1 Strict Press	3 -	4 -	6 - RM	minimum 1 warm up set
	E1 Side Plank	3 -	-	45 - Sec	
		-	-	-	
E2 Anti-Rotation	3 -	8 es	10 - RM		
Session 2	A1 Drop Landings	4 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	4 -	-	20 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	<i>Ask your coach for a technical exercise to do during your warm up</i>
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	3 -	2+1 -	80 - %	
		-	-	-	
	D1 Back Squat (Heavy)	3 - 4	3 -	85 - %	
		-	-	-	
	E1 Split Squat	3 -	4 -	6 - RM	
		-	-	-	
	F1 Bent Over Row	3 -	6 -	8 - RM	minimum 1 warm up sets
		-	-	-	
G1 Deadbug	3 -	-	15 es		
	-	-	-		
G2 Front Plank	3 -	-	45 - Sec		
	-	-	-		
Session 3	A1 Snatch Priming Exercise	3 - 4	-	50 - 60 %	<i>Ask your coach for a technical exercise to do during your warm up</i>
		2 - 3	-	60 - 70 %	
	B1 Snatch (Heavy)	1 -	2 -	85 - %	<i>work up to a new PB Double if feeling good</i>
		1 -	2 -	90 - %	
		2 - 3	2 -	90 + %	
		-	-	-	
	C1 Clean Priming Exercise	3 -	-	50 - 60 %	<i>Ask your coach for a technical exercise to do during your warm up</i>
		2 -	-	60 - 70 %	
	D1 Clean & Jerk (Heavy)	1 -	2+1 -	85 - %	<i>work up to a new PB 2+1 if feeling good</i>
		1 -	2+1 -	90 - %	
		2 - 3	2+1 -	90 + %	
		-	-	-	
	E1 Snatch Deadlift	1 -	3 -	-	as heavy as you can go without losing your position for 3 reps, perform a minimum of 2 warm up sets
		-	-	-	
	-	-	-		
	-	-	-		
G1 Hip Thrust	3 -	8 -	10 - RM	minimum 1 warm up set	
	-	-	-		
G2 Glute Kick Back	3 -	8 -	10 - RM	minimum 1 warm up set	
	-	-	-		

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	

General Preparation

Athletes Name: _____

Week 7

06/02/2023

	Exercise	Sets	Reps	intensity	Comments
Session 1	A1 Snatch Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	B1 Hang Snatch	1 -	2 -	85 + %	work up to a 2RM if feeling good (Max 2 misses)
		-	-	-	
	C1 Tempo Back Squat	3 -	3 -	75 - %	(3 second Descent)
		-	-	-	
	D1 Strict Press	1 -	-	4 - RM	Work up to 4RM, minimum 2 warm up sets
	-	-	-		
E1 Side Plank	3 -	-	45 - Sec		
	-	-	-		
E2 Anti-Rotation	3 -	8 es	10 - RM		
	-	-	-		
Session 2	Exercise Sets Reps intensity Comments				
	A1 Drop Landings	4 -	4 -	-	
		-	-	-	
	A2 Pogo Hops	4 -	-	20 - Sec	
		-	-	-	
	B1 Clean Priming Exercise	3 -	-	50 - 60 %	Ask your coach for a technical exercise to do during your warm up
		2 -	-	60 - 70 %	
	C1 Hang Clean + Power Jerk	1 -	2+1 -	85 + %	work up to a 2RM if feeling good (Max 2 misses)
		-	-	-	
D1 Bent Over Row	1 -	-	6 - RM	Work up to 6RM, minimum 2 warm up sets	
	-	-	-		
Session 3	Exercise Sets Reps intensity Comments				

Weekly Reflections	
1. What went well?	
2. What didn't go well?	
3. What will you do differently next week?	