



An introduction to Olympic Weightlifting Workshop

This course is perfect for you if you are looking to master the effective technique of the Olympic lifts - the snatch, the clean, the jerk.

What will I learn?

You will be given exclusive access to the BWL e-learning platform in the lead up to the practical workshop, which will provide you with a host of resources including; how to lift safely, warm ups and cool-downs, training for and competing in Olympic Lifting, video's for the snatch, clean and jerk and a 6-week Olympic Lifting programme. You will also be introduced to the BWL Technical Model, used by BWL Olympic Weightlifting Coaches.

The Olympic lifts are very skillful movements which rely on a combination of good technique, high levels of strength and power, and good flexibility. The 4-hour practical session will take you through the two Olympic lifts and BWL teaching exercises.

What does this course qualify me to do?

Upon completion of this course, you will be able to perform the key positions in both the snatch and clean & jerk for your own lifting.

Prerequisites

This is an entry level course. You must be at least 14 years of age on the first day of the course and have some general experience of lifts and weight training.

Online learning with face to face practical

Length of Course:

Half-day practical session (4 hours). Plus, 3 hours e-learning

Price of course

Standard Price: £100 + VAT

Member Price: £95 + VAT