



# CPD: Essentials of Weightlifting Programming

The Essentials for Weightlifting Programming is for athletes, BWL coaches, personal trainers, strength and conditioning coaches and sports coaches who are interested in gaining a good understanding of long-term athlete development in-line with BWL guidelines.

The course content has been developed by some of the leading practitioners in the weightlifting and strength and conditioning communities. The knowledge you will acquire from this course has been developed from years of coaching experience, alongside fundamental strength training principles.

Key information from the Complete British Weightlifter Guide has been integrated into the course. Principles from the guide can be adapted for any age and any standard/ability.

## What will I learn?

The course provides a framework for coaches and athletes to develop programmes that can lead to peak weightlifting performance. You will understand what physical qualities are required for weightlifting and how to progress these at all levels and stages of development in the sport.

You will be able to introduce the fundamental principles to help athletes improve their weightlifting over a long period of time. This includes:

- The training cycles which make a successful training programme
- An introduction to training variables and how these can be manipulated to elicit specific adaptations based on an athlete's goals.
- Adaptation theory: this provides you with all the foundation knowledge that you need to create effective programmes.

## You will learn how to programme for:

- The competition lifts (snatch and clean and jerk)
- Derivatives of those lifts
- General strength exercises
- Accessory exercises

Capture information from the BWL physical training syllabus, which outlines the key physical qualities that are important for weightlifting alongside example session plans and learn how to identify the physical strengths and weaknesses of an athlete.

**Please note:** This is an online course with no practical assessment. There is an online assessment that must be completed to receive a BWL certificate.

## What does this course qualify me to do?

This course will allow you to create an effective programme for a client to successfully reach their weightlifting goals.

## Prerequisites

There are no prerequisites for this course.

## Online learning only

**Length of Course:** 10 - 12 hours  
Plus, resources and material you can go back to time and time again.

## Price of course

**Standard Price:** £150 + VAT  
**Member Price:** £143 + VAT