

# General Preparation

Athletes Name:

Week 1					
26/12/2022					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1 Power Clean	4 - 5	3 -	75 - 80 %	
	B1 Tempo Back Squat	3 -	6 -	70 - %	(3 second Descent)
	C1 Bench Press	1 -	-	8 - RM	Work up to 8RM, minimum 2 warm up sets
	D1 Overhead Carries	3 -	-	30 - m	
	D2 Side Plank	3 -	-	20 - Sec	
	D3 Anti-Rotation	1 -	-	12 - RM	minimum 2 warm up sets
Session 2	Exercise	Sets	Reps	intensity	Comments
	A1 Drop Landings	4 -	4 -	-	
	A2 Pogo Hops	4 -	-	20 - Sec	
	B1 Back Squat (Heavy)	3 -	5 -	75 - %	
	C1 Bent Over Row	1 -	-	10 - RM	Work up to 10RM, minimum 2 warm up sets
	D2 Deadbug	3 -	-	10 es	
	D3 Front Plank	3 -	-	20 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1 Hang Snatch Pulls	1 -	6 -	-	as heavy as you can Pull to Navel for 6 reps, minimum 2 warm up sets
	B1 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
	C1 Split Squat	1 -	-	8 - RM	minimum 2 warm up sets
	D1 Hip Thrust	1 -	-	12 - RM	Work up to 12RM, minimum 2 warm up sets
	D2 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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1 Power Clean	5 - 6	3 -	75 - 80 %	
	B1 Tempo Back Squat	3 -	5 -	70 - 75 %	(4 second Descent)
	C1 Strict Press	3 -	6 -	8 - RM	minimum 1 warm up set
	D1 Overhead Carries	3 -	-	30 - m	
	D2 Side Plank	3 -	-	25 - Sec	
	D3 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 Back Squat (Heavy)	4 -	5 -	75 - %	
	C1 Bent Over Row	3 -	8 -	10 - RM	minimum 1 warm up sets
	D2 Deadbug	3 -	-	10 es	
	D3 Front Plank	3 -	-	25 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1 Hang Snatch Pulls	2 -	6 -	-	same weight as lifted on week 1, minimum 1 warm up set
	B1 Snatch Deadlift	3 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
	C1 Split Squat	3 -	6 es	8 - RM	
	D1 Hip Thrust	3 -	10 -	12 - RM	minimum 1 warm up set
	D2 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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1 Power Clean	4 -	3 -	75 - 80 %	
	B1 Tempo Back Squat	3 -	4 -	75 - %	(5 second Descent)
	C1 Strict Press	3 -	6 -	8 - RM	minimum 1 warm up set
	D1 Overhead Carries	3 -	-	40 - m	
	D2 Side Plank	3 -	-	30 - Sec	
	D3 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 Back Squat (Heavy)	5 -	5 -	75 - %	
	C1 Bent Over Row	3 -	8 -	10 - RM	minimum 1 warm up sets
	D2 Deadbug	3 -	-	12 es	
	D3 Front Plank	3 -	-	30 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1 Hang Snatch Pulls	3 -	6 -	-	same weight as lifted on week 1, minimum 1 warm up set
	B1 Snatch Deadlift	4 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
	C1 Split Squat	3 -	6 es	8 - RM	
	D1 Hip Thrust	3 -	10 -	12 - RM	minimum 1 warm up set
	D2 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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1	Power Clean	4 - 5	2 -	80 - 85 %
B1	Tempo Back Squat	4 -	3 -	75 - 80 %	(5 second Descent)
C1	Strict Press	1 -	-	6 - RM	Work up to 6RM, minimum 2 warm up sets
D1	Overhead Carries	3 -	-	40 - m	
D2	Side Plank	3 -	-	35 - Sec	
D3	Anti-Rotation	3 -	-	10 - RM	
Session 2	Exercise	Sets	Reps	intensity	Comments
	A1	Drop Landings	6 -	4 -	-
A2	Pogo Hops	6 -	-	25 - Sec	
B1	Back Squat (Heavy)	2 -	5 -	75 - %	
C1	Bent Over Row	1 -	-	8 - RM	Work up to 8RM, minimum 2 warm up sets
D2	Deadbug	3 -	-	12 es	
D3	Front Plank	3 -	-	35 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1	Hang Snatch Pulls	1 -	4 -	-
B1	Snatch Deadlift	5 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
C1	Split Squat	1 -	-	6 - RM	minimum 2 warm up sets
D1	Hip Thrust	1 -	-	10 - RM	Work up to 10RM, minimum 2 warm up sets
D2	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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1 Power Clean	5 - 6	2 -	80 - 85 %	
	B1 Tempo Back Squat	4 -	4 -	75 - 80 %	(5 second Descent)
	C1 Strict Press	3 -	4 -	6 - RM	minimum 1 warm up set
	D1 Overhead Carries	3 -	-	50 - m	
	D2 Side Plank	3 -	-	40 - Sec	
	D3 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 Back Squat (Heavy)	2 -	5 -	75 - %	Work Up to new 5RM
	C1 Bent Over Row	3 -	6 -	8 - RM	minimum 1 warm up sets
	D2 Deadbug	3 -	-	15 es	
	D3 Front Plank	3 -	-	40 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1 Hang Snatch Pulls	2 -	4 -	-	same weight as lifted on week 4, minimum 1 warm up set
	B1 Snatch Deadlift	3 -	3 -	-	same weight as lifted on week 1, minimum 1 warm up set
	C1 Split Squat	3 -	4 -	6 - RM	
	D1 Hip Thrust	3 -	8 -	10 - RM	minimum 1 warm up set
	D2 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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1	Power Clean	6 - 7	2 -	80 - 85 %
B1	Tempo Back Squat	3 -	3 -	75 - %	(3 second Descent)
C1	Strict Press	3 -	4 -	6 - RM	minimum 1 warm up set
D1	Overhead Carries	3 -	-	60 - m	
D2	Side Plank	3 -	-	45 - Sec	
D3	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	Back Squat (Heavy)	3 - 4	3 -	85 - %	
C1	Bent Over Row	3 -	6 -	8 - RM	minimum 1 warm up sets
D2	Deadbug	3 -	-	15 es	
D3	Front Plank	3 -	-	45 - Sec	
Session 3	Exercise	Sets	Reps	intensity	Comments
	A1	Hang Snatch Pulls	3 -	4 -	-
B1	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
C1	Split Squat	3 -	4 -	6 - RM	
D1	Hip Thrust	3 -	8 -	10 - RM	minimum 1 warm up set
D2	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					
Session 1	Exercise	Sets	Reps	intensity	Comments
	A1 Power Clean	1 -	2 -	85 + %	work up to a 2RM if feeling good (Max 2 misses)
	B1 Tempo Back Squat	3 -	3 -	75 - %	(3 second Descent)
	C1 Strict Press	1 -	-	4 - RM	Work up to 4RM, minimum 2 warm up sets
	D1 Overhead Carries	3 -	-	60 - m	
	D2 Side Plank	3 -	-	45 - Sec	
	D3 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 Back Squat (Heavy)	3 - 4	3 -	85 - %	
	C1 Bent Over Row	1 -	-	6 - RM	Work up to 6RM, minimum 2 warm up sets
	D2 Deadbug	3 -	-	15 es	
	D3 Front Plank	3 -	-	45 - Sec	
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?	