

Intermediate level 3 days a week for 12 weeks before competition

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NOTES ON USING THE PROGRAM

Daily schedule

This program is designed for three days training per week, and extends over twelve weeks with a taper to a competition at the end. It is aimed at a lifter with an intermediate level of technique.

NOTE Three days per week is the minimum amount of training required to make significant gains in competition performance. Each day of training should be followed by at least one rest day.

Hieroglyphics

The program should be interpreted in the following manner :

Snatch 80% 3r, means three repetitions performed at 80% of maximum possibility.

Clean & Jerk 80% (2+1)r, means two repetitions of clean and one repetition of jerk, e.g. one Clean followed by a Clean and Jerk.

Snatch 80% 3r x 4s, means four sets of three repetitions.

Percentages

The intensities shown in the program refer to the percentage of the PERSONAL BEST or MAXIMUM POSSIBILITY for EACH EXERCISE, excepting Pulls and Rumanian Pulls. The maximum possibility is the heaviest weight the lifter could successfully achieve on the particular training day. For instance, if a lifter has a personal best snatch of 100 kg, but is only capable of lifting 95 kg during a particular period, due to an absence from training, then for that period the lifter has a maximum possibility of 95 kg for the snatch. The maximum weight for Snatch Pulls and Clean Pulls is considered to be 110% of Snatch and Clean respectively. The percentages for Rumanian Pulls are calculated from the best Clean.

Conditioning Exercises

At the conclusion of each training session, lifters must perform ONE exercise from EACH group of abdominal and lower back conditioning exercises which appear at the bottom of the daily schedule.

Tonnage

The tonnage is the number of repetitions successfully performed multiplied by the weight lifted for each repetition. This program is written according to the repetitions allocated to each week and the percentage of repetitions apportioned to each exercise. When a lifter fails an attempt, it is counted as a repetition but not considered when calculating the tonnage. When a lifter fails an attempt at a weight which is less than the prescribed top weight for a particular exercise the coach must consider the reason for failure and reduce the intensity of the remaining repetitions if necessary. This reduction in intensity will be reflected in the tonnage recorded.

Warm Up

A general warm-up and stretching routine is necessary, along with stretching at the end of the training session.

The program shows training beginning at 80% intensity. Obviously a specific warm-up for each exercise is necessary. The following warm-up must take place before attempting weights of 80% intensity: 50% 5r, 60% 3r, 70% 3r

Evaluation

Lifters must record all training sessions. These records must show all repetitions, successful or not, performed at each weight for every exercise. They must also show the duration of the entire training session and the amount of time spent on each exercise. Either the lifter or the coach must calculate the tonnage for each exercise and the daily total.

PREPARATORY PERIOD

WEEK 1

WEEKLY REPETITIONS : 210

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 3r x 2s, 80% 2r
Power Clean 80% 3r x 3s, 75% 3r x 4s
Jerk From Rack 80% 3r, 80% 2r x 2s
Front Squat 80% 3r, 85% 2r, 80% 3r x 3s, 80% 2r
Rumanian Pull 80% 3r x 4s

Group 1

Group 2

Group 3

Day 2

Clean 80% 3r x 2s
Power Snatch 80% 3r x 2s, 75% 3r x 3s, 75% 2r
Snatch Balance 80% 3r x 3s, 75% 3r x 4s
Clean Pull 80% 3r, 85% 3r x 3s, 80% 3r, 80% 2r
Back Squat 80% 3r, 85% 2r, 80% 3r x 4s

Group 1

Group 2

Group 3

Day 3

Snatch From Knee 80% 3r, 75% 3r x 2s
Clean & Jerk 80%[2+1], 80%[1+2], 80%[2+1], 80%[1+2], 80%[1+1]
Snatch Pull 80% 3r, 85% 3r x 3s, 80% 3r, 80% 2r,
Front Squat 80% 3r, 85% 2r, 80% 3r x 4s
Good Morning 80% 3r x 3s, 80% 2r x 2s

Group 1

Group 2

Group 3

Group 1

Bench Press

Press Behind Neck

Dumbbell Press

Group 2

Sit Ups

Leg Raises

Crunches

Group 3

Hyperextension

Back Raises

PREPARATORY PERIOD

WEEK 2

WEEKLY REPETITIONS : 210

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 3r, 85% 2r, 80% 3r
Power Clean 80% 3r, 85% 2r x 3s, 75% 3r x 4s
Jerk From Rack 80% 3r, 85% 2r, 80% 2r
Front Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r x 3s
Rumanian Pull 80% 3r, 85% 2r, 80% 3r, 80% 2r x 2s
Group 1
Group 2
Group 3

Day 2

Clean 80% 2r, 85% 2r, 80% 2r
Power Snatch 80% 3r, 85% 2r x 3s, 80% 2r, 75% 3r x 2s
Snatch Balance 80% 3r, 85% 2r x 3s, 75% 3r x 4s
Clean Pull 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Back Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Group 1
Group 2
Group 3

Day 3

Snatch From Knee 80% 3r, 85% 2r, 80% 2r x 2s
Clean & Jerk 80% [2+1], 85% [1+2], 85% [2+1], 80% [1+2]
Snatch Pull 80% 3r, 90% 2r, 85% 2r, 80% 3r x 2s, 80% 2r x 2s
Front Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Good Morning 80% 3r, 85% 2r x 3s, 80% 2r x 2s
Group 1
Group 2
Group 3

Group 1

Bench Press
Press Behind Neck
Dumbbell Press

Group 2

Sit Ups
Leg Raises
Crunches

Group 3

Hyperextension
Back Raises

PREPARATORY PERIOD

WEEK 3

WEEKLY REPETITIONS : 180

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 2r, 90% 1r, 85% 2r, 80% 2r
Power Clean 80% 3r, 90% 1r, 85% 2r, 80% 3r x 4s
Jerk From Rack 80% 2r, 90% 1r, 85% 1r, 80% 2r
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 90% 1r, 80% 3r x 2s
Rumanian Pull 80% 3r, 90% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Day 2

Clean 80% 2r, 90% 1r, 85% 1r, 80% 2r
Power Snatch 80% 3r, 90% 1r, 85% 2r, 80% 3r x 2s, 80% 2r
Snatch Balance 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 3r x 3s
Clean Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r x 2s
Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Group 1
Group 2
Group 3

Day 3

Snatch From Knee 80% 2r, 90% 1r, 85% 2r, 80% 2r
Clean & Jerk 80%[2+1], 90%[1+1], 85%[1+2], 80%[1+1]
Snatch Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 2s, 80% 2r
Good Morning 80% 3r, 90% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Group 1

Bench Press
Press Behind Neck
Dumbbell Press

Group 2

Sit Ups
Leg Raises
Crunches

Group 3

Hyperextension
Back Raises

PREPARATORY PERIOD

WEEK 4

WEEKLY REPETITIONS : 210

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 3r, 85% 2r, 80% 3r
Power Clean 80% 3r, 85% 2r x 3s, 75% 3r x 4s
Jerk From Rack 80% 3r, 85% 2r, 80% 2r
Front Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r x 3s
Rumanian Pull 80% 3r, 85% 2r, 80% 3r, 80% 2r x 2s
Group 1
Group 2
Group 3

Day 2

Clean 80% 2r, 85% 2r, 80% 2r
Power Snatch 80% 3r, 85% 2r x 3s, 80% 2r, 75% 3r x 2s
Snatch Balance 80% 3r, 85% 2r x 3s, 75% 3r x 4s
Clean Pull 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Back Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Group 1
Group 2
Group 3

Day 3

Snatch From Knee 80% 3r, 85% 2r, 80% 2r x 2s
Clean & Jerk 80% [2+1], 85% [1+2], 85% [2+1], 80% [1+2]
Snatch Pull 80% 3r, 90% 2r, 85% 2r, 80% 3r x 2s, 80% 2r x 2s
Front Squat 80% 3r, 90% 2r, 85% 2r, 90% 2r, 85% 2r, 80% 3r x 2s
Good Morning 80% 3r, 85% 2r x 3s, 80% 2r x 2s
Group 1
Group 2
Group 3

Group 1

Bench Press
Press Behind Neck
Dumbbell Press

Group 2

Sit Ups
Leg Raises
Crunches

Group 3

Hyperextension
Back Raises

PREPARATORY PERIOD

WEEK 5

WEEKLY REPETITIONS : 180

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 2r, 90% 1r, 85% 2r, 80% 2r
Power Clean 80% 3r, 90% 1r, 85% 2r, 80% 3r x 4s
Jerk From Rack 80% 2r, 90% 1r, 85% 1r, 80% 2r
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 90% 1r, 80% 3r x 2s
Rumanian Pull 80% 3r, 90% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Day 2

Clean 80% 2r, 90% 1r, 85% 1r, 80% 2r
Power Snatch 80% 3r, 90% 1r, 85% 2r, 80% 3r x 2s, 80% 2r
Snatch Balance 80% 3r, 90% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 3r x 3s
Clean Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r x 2s
Back Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Group 1
Group 2
Group 3

Day 3

Snatch From Knee 80% 2r, 90% 1r, 85% 2r, 80% 2r
Clean & Jerk 80%[2+1], 90%[1+1], 85%[1+2], 80%[1+1]
Snatch Pull 80% 3r, 90% 2r, 95% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 2s, 80% 2r
Good Morning 80% 3r, 90% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

PREPARATORY PERIOD

WEEK 6

WEEKLY REPETITIONS : 210

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 3r, 90% 1r, 95% 1r, 80% 3r
Power Clean 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 4s, 80% 2r
Jerk From Rack 80% 3r, 90% 1r, 95% 1r, 85% 2r,
Front Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r x 3s
Rumanian Pull 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Day 2

Clean 80% 2r, 90% 1r, 95% 1r, 85% 2r
Power Snatch 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 2s, 80% 2r x 2s
Snatch Balance 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 4s, 80% 2r
Clean Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r x 3s
Back Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r x 2s, 80% 2r x 2s
Group 1
Group 2
Group 3

Day 3

Snatch From Knee 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 2r
Clean & Jerk 80%[2+1], 90%[1+1], 95%[1+1], 85%[1+2], 80%[1+1]
Snatch Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r x 3s
Front Squat 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r x 3s
Good Morning 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r x 2s
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

PREPARATORY PERIOD

WEEK 7

WEEKLY REPETITIONS : 180

DISTRIBUTION OF REPETITIONS : Classical 20% Assistance 80%

Day 1

Snatch 80% 3r, 90% 1r, 100%, 85% 2r
Power Clean 80% 3r, 90% 1r, 100% 1r, 85% 2r, 95% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 3r, 80%
2r
Jerk From Rack 80% 2r, 90% 1r, 95% 1r, 85% 2r
Front Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 100% 1r, 85% 2r, 80% 2r x 2s
Rumanian Pull 80% 3r, 90% 1r, 100% 1r, 85% 2r, 80% 3r, 80% 2r
Group 1
Group 2
Group 3

Day 2

Snatch From Knee 80% 3r, 90% 1r, 85% 1r, 80% 2r
Clean & Jerk 80%[1+1], 90%[1+1], 100%[1+1], 85%[1+1], 80%[1+1]
Snatch Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Front Squat 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r, 80% 2r x 2s
Good Morning 80% 3r, 90% 1r, 100% 1r, 80% 3r x 2s
Group 1
Group 2
Group 3

Day 3

Power Clean 80% 2r, 90% 1r x 2s, 85% 2r
Power Snatch 80% 3r, 90% 1r x 2s, 85% 2r, 80% 3r x 2s
Snatch Balance 80% 3r, 90% 1r x 3s, 85% 2r, 90% 1r, 80% 3r x 3s
Clean Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r, 80% 3r x 3s
Back Squat 80% 3r, 90% 1r, 100% 1r, 85% 2r, 90% 1r, 85% 2r, 80% 2r x 2s
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

COMPETITION PERIOD

WEEK

Weekly Repetitions : 180

Distribution Of Repetitions : Classical 30% Assistance 70%

DAY 1

Snatch 80% 3r, 85% 2r x 2s, 80% 3r
Power Clean 80% 3r, 85% 2r x 3s, 80% 3r x 2s, 75% 4r
Jerk From Rack 80% 3r, 85% 2r, 80% 3r
Front Squat 80% 3r, 85% 2r x 2s, 80% 3r
Rumanian Pulls 80% 3r, 85% 2r x 3s, 80% 2r x 2s
Group 1
Group 2

DAY 2

Clean 80% 3r, 85% 2r, 80% 3r
Power Snatch 80% 3r, 85% 2r x 3s, 80% 3r x 2s, 75% 4r
Clean Pull 80% 3r, 85% 3r x 4s, 80% 2r x 2s
Back Squat 80% 3r, 85% 3r x 4s, 80% 2r x 2s
Group 1
Group 2
Group 3

DAY 3

Snatch 80% 3r, 85% 2r x 3s, 80% 3r
Clean & Jerk 80% 2r, 85% 2r x 2s, 80% 2r
Snatch Pull 80% 3r, 85% 3r x 4s, 80% 2r x 2s
Front Squat 80% 3r, 85% 2r, 80% 2r x 2s
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

COMPETITION PERIOD

WEEK 9

Weekly Repetitions : 210

Distribution Of Repetitions : Classical 30% Assistance 70%

DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r x 2s, 85% 2r, 80% 3r x 3s, 80% 2r
Power Clean 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r x 2s, 80% 3r x 2s, 80% 2r x 2s
Jerk From Rack 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r
Front Squat 80% 3r, 85% 3r, 90% 2r x 2s, 85% 2r
Rumanian Pulls 80% 3r, 85% 3r x 3s, 80% 3r
Group 1
Group 2

DAY 2

Clean 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r
Power Snatch 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r x 2s, 80% 3r x 2s, 80% 2r x 2s
Clean Pull 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 4s, 80% 2r
Back Squat 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 2s, 80% 3r x 2s
Group 1
Group 2
Group 3

DAY 3

Snatch 80% 3r, 85% 2r, 90% 1r, 85% 2r x 3s, 80% 3r, 80% 2r
Clean & Jerk 80% 2r, 85% 2r, 90% 1r x 3s, 85% 2r
Snatch Pull 80% 3r, 85% 3r, 90% 2r x 3s, 85% 2r x 4s, 80% 2r
Front Squat 80% 3r, 85% 3r, 90% 2r, 85% 2r
Group 1
Group 2
Group 3

Group 1
Bench Press
Press Behind Neck
Dumbell Press

Group 2
Sit Ups
Leg Raises
Crunches

Group 3
Hyperextension
Back Raises

COMPETITION PERIOD**WEEK 10**

Weekly Repetitions : 180

Distribution Of Repetitions : Classical 30% Assistance 70%

DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 85% 2r
Power Clean 80% 3r, 85% 2r, 90% 1r, 95% 1r, 80% 3r x 4s
Jerk From Rack 80% 3r, 85% 2r, 90% 1r x 3s
Front Squat 80% 3r, 85% 3r, 90% 2r, 95% 1r, 100% 1r
Rumanian Pulls 80% 3r, 85% 2r x 5s
Group 1
Group 2

DAY 2

Clean 80% 3r, 85% 2r, 90% 1r x 3s
Power Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 85% 2r, 80% 3r x 3s
Clean Pull 80% 3r, 85% 3r, 90% 2r, 95% 2r, 100% 1r, 90% 2r x 3s
Back Squat 80% 3r, 85% 3r, 90% 2r, 95% 1r, 100% 1r, 85% 3r, 80% 3r x 2s
Group 1
Group 2
Group 3

DAY 3

Snatch 80% 3r, 85% 2r, 90% 1r x 3s, 85% 2r, 80% 2r
Clean & Jerk 80% 2r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 90% 1r
Snatch Pull 80% 3r, 85% 3r, 90% 2r, 95% 2r, 100% 2r, 90% 2r x 3s
Front Squat 80% 3r, 85% 2r, 90% 2r x 2s
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

COMPETITION PERIOD

WEEK 11

Weekly Repetitions : 150

Distribution of Repetitions : Classical 50% Assistance 50%

DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 80% 3r x 3s
Clean & Jerk 80% 2r, 85% 2r, 90% 1r x 3s, 85% 2r, 80% 2r x 2s
Front Squat 80% 3r, 90% 1r, 95% 1r, 85% 2r, 80% 3r, 80% 3r x 2s, 80% 2r
Group 1
Group 2
Group 3

DAY 2

Power Snatch 80% 3r, 85% 2r, 90% 1r x 2s, 85% 2r, 80% 3r x 4s, 80% 2r
Pwr Clean & Pwr Jerk 80% 2r, 85% 2r, 90% 1r, 95% 1r, 85% 2r x 2s, 80% 2r x 2s
Snatch Pull 80% 3r, 90% 2r, 100% 1r, 85% 2r
Group 1
Group 2
Group 3

DAY 3

Snatch 80% 3r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 80% 2r x 3s
Clean & Jerk 80% 2r, 85% 2r, 90% 1r, 95% 1r, 100% 1r, 90% 1r, 80% 2r
Group 1
Group 2
Group 3

Group 1	Group 2	Group 3
Bench Press	Sit Ups	Hyperextension
Press Behind Neck	Leg Raises	Back Raises
Dumbbell Press	Crunches	

COMPETITION TAPER WEEK
WEEK 12

Weekly Repetitions : 100

Distribution of Repetitions : Classical 50% Assistance 50%

DAY 1

Snatch 80% 3r, 85% 2r, 90% 1r, 80% 3r

Clean & Jerk 80% 2r, 85% 2r, 90% 1r, 80% 2r

Group 1

Group 2

Group 3

DAY 2

Snatch 80% 3r, 85% 2r, 80% 3r x 2s

Clean & Jerk 80% 2r, 85% 2r x 2s, 80% 2r

Front Squat 80% 3r, 90% 2r, 85% 2r, 80% 3r x 3s

Group 1

Group 2

Group 3

DAY 3

Power Snatch 80% 3r x 5s

Pwr Clean & Split Jerk 80% 2r x 5s

Group 1

Group 2

Group 3

DAY 4 COMPETITION

Group 1

Bench Press

Press Behind Neck

Dumbbell Press

Group 2

Sit Ups

Leg Raises

Crunches

Group 3

Hyperextension

Back Raises