Effect of assistance exercises for the snatch on barbell speed and performance for weightlifters

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Abstract. This study aims to identify Effect of assistance exercises for the snatch on barbell speed and performance for Weightlifters. Applied study on a sample of 14 lifters from the Youth weightlifters team in Beni Suef cities/Egypt of the season 2014/2015, the researcher used experimental method to design two groups; one experimental consisted of 7 lifters and the other control group of 7 lifter. Where the average age of 18.21 \pm 0.80 years, height 174.28 \pm 6.03 cm, weight 74.14 \pm 8.88 kg and age training 3.92 ± 0.91 month. The experimental group underwent an assistance exercises for the snatch program for barbell speed and performance in the snatch, while the control group underwent a training program with exercises classic. Assistance exercises for the snatch program Continued for 8 Weeks 5 times per week and the training session lasted 2 hours. The training program using exercise showed a statistically significant improvement for assistance exercises on barbell speed, velocity (vertical, horizontal) for snatch lift and performance weightlifters. Interest in using assistance exercises for snatch and private exercises of pull, power snatch and squat snatch has an important role in the success of the performance of the snatch. Training according to power curve, speed and time of the barbell trajectory and muscle working performance. The need for evaluation of barbell trajectory during the performance by modern techniques for analysis of kinetic activity links it with training programs for weightlifters. These results must be taken into account by the coaches and weightlifters to use the assistance exercises for snatch to improve the kinetic performance and the level of achievement lifting snatch for weightlifters.

Keywords. Barbell speed, performance, snatch, weightlifters.

Introduction

Snatch is the first lift in the weightlifting program competitions, barbell lifting from the platform to above of head in one continuous motion without stopping (Gourgoulis & Aggelousis, 2014). technical performance phase in snatch start position, first pull, double knee bend, second pull, turnover and stand and stability phase .These phases offset mechanically Lift-off, first acceleration, transition, final acceleration, Turnover and stand and stability phase

Balanced development in weightlifting must be carried out using the assistance exercise to contain the

kinetic performance phases for (snatch, clean and jerk) and this exercise has to be training them where we can say it is an aim to develop the level of achievement in weightlifting (Lear, 1980).

Increase muscle strength in a certain sporting activity requires effective development training either itself or an exercise similar to him in the most important points in addition to that must lead exercise the same speed required by performing the skill (Dresckler, 1998). There several recent trends point to the importance exercises, which are similar the time path powers in active muscle groups during the exercise with time path during her snatch performance (Kristy, 1998). The importance of using assistance exercise in the training programs of weightlifting is to achieve a balanced and integrated development for weightlifters (Lear, 1980; Isaac, 2007; Nabil 2011). However, the use of assistance exercise for Snatch lift training is not just the practical side through the training unit, however, we must take into account the mechanical aspects of each exercise commensurate with trajectory of the exercise movement and the field of movement snatch.

This is light through the following: The large distance between the feet through the pull phases disperses the work of the muscles of the leg. Lifter elevates buttocks before the raising bar. Barbell move away from weightlifter body at full extension, leading to jump in front at the Turnover phase. Weak full extension occurs in case of none of extending the ankle joint or extending the shoulder joint, or both, or a lack of speed of barbell.

Through follow-up training for some lifters notice that trainers rely on exercises, classic exercises help without an association with variables dynamic performance. In addition, depend on the interest in development of muscular strength to cope with weight regardless to the winches and the forces acting on lift. Then researchers found study kinematic variables to snatch using some exercises to help, according to these variables is a means that may contribute to the performance of the lifters development by overcoming those affecting the powers weight and thus improve the performance of weightlifters. This study aims to identify effect of assistance exercises for the snatch on barbell

speed and performance for Weightlifters. Through the achievement of the following purposes: Identify the effect of assistance exercises of snatch on barbell speed.

Material and methods

Applied study on a sample of 14 lifters from the Youth weightlifters team in Beni Suef cities / Egypt of the season 2014/2015, the researcher used experimental method to design two groups, one experimental consisted of 7 lifters and the other control group of 7 lifters. Where the average age of 18.21 ± 0.80 years, height 174.28 ± 6.03 cm, weight 74.14 ± 8.88 kg and age training 3.92 ± 0.91 month.

The experimental group underwent an assistance exercises for the snatch program for barbell speed and performance in the snatch, while the control group underwent a training program with exercises classic. Assistance exercises for the snatch program Continued for 8 Weeks 5 times per week and the training session

lasted 2 hours (Appendix 1) (Lukjanow & Falamejow, 1972; Carl, 1976; Lear, 1991; Ebada, 2003; Ebada, 2013).

The pre and post photograph for the two control and experimental used a video camera Brand Sony, frequency 25 frames in the second. The analysis of motor used Win analyzes the program, measured physical tests and performance tests for the two groups. The camera is placed just 6 meters from the left side of the weightlifter and one meter high from the ground, Figure 2.

Physical tests: Through Reference survey of research on the sport of weightlifting, it was to identify the most important physical tests for snatch lift including: Power Snatch test - Pull Snatch test - Squat test - Front Squat test - Snatch numeral level (Hori et al., 2006; Hamlyn et el., 2007; Ebada, 2011; Ebada, 2013).

Kinetic analysis: The researcher using Science Laboratory of Faculty of Physical Education, Helwan University, Egypt while using Win analyzes the program, the software is designed to track and analysis of the movement Figure 1.

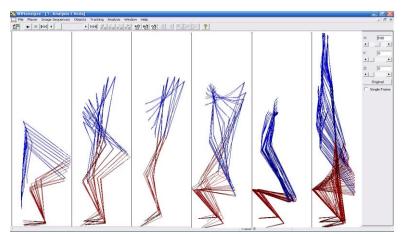


Figure 1. Kinetic analysis for snatch

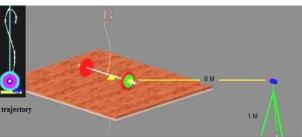


Figure 2. Camera place during the filming and Barbell trajectory.







Frist acceleration



Transition



Final acceleration





Stand and stability



Figure 3. The phases of the snatch.

Table 1. The significance of differences between pre and post tests of the experimental in physical variables and snatch phases in the vertical and horizontal velocity variables (n=7).

	Variables	Pre	test	Post	test	Z	Р
	Variables	Mean	SD	Mean	SD	Z	Г
Physical variables	Power Snatch (kg.)	68.75	11.12	84.00	10.74	2.384	0.000**
	Pull Snatch (kg.)	97.29	10.36	124.00	15.79	2.371	0.000**
	Squat (kg.)	84.00	9.36	164.43	16.10	2.371	0.000**
	Front Squat (kg.)	77.00	10.53	146.57	18.67	2.366	0.000**
	Snatch performance (kg.)	83.14	8.35	101.86	10.88	2.366	0.000**
Vertical velocity	First acceleration (m/s)	0.78	0.02	0.93	0.01	-2.366	0.000**
	Transition (m/s) (m/s)	1.65	0.05	1.95	0.04	-2.366	0.000**
	Final acceleration(m/s)	2.02	0.06	2.31	0.04	-1.612	0.101
	Turnover(m/s)	0.55	0.02	0.67	0.01	-0.676	0.517
	Stand and stability phase (m/s)	0.50	0.03	0.53	0.02	-1.690	0.102
Horizontal velocity	First acceleration (m/s)	0.19	0.01	0.08	0.02	-1.992	0.002**
	Transition (m/s)	0.25	0.02	0.12	0.03	-2.201	0.028**
	Final acceleration (m/s)	0.25	0.01	0.15	0.00	-1.521	0.101
	Turnover (m/s)	0.06	0.00	0.7	0.01	-0.318	0.321
	Stand and stability phase (m/s)	0.11	0.01	0.10	0.00	-0.169	0.717

The Z= value ±1, 96 at the level of 0.05 (double sided)

Table 2. The Significance of Differences between Pre and Post Tests of the control group in physical variables and snatch phases in the vertical and horizontal velocity variables (n=7).

	V:-1.1	Pre	test	Post	test	- z	P
	Variables		SD	Mean	SD	- Z	Р
Physical variables	Power Snatch (kg.)	60.86	10.11	63.57	12.72	2.384	0.000**
	Pull Snatch (kg.)	89. 86	9.36	106.29	14.75	2.375	0.000**
	Squat (kg.)	119.71	8.36	183.86	15.15	2.371	0.000**
	Front Squat (kg.)	104.86	953	123	16.67	2.366	0.000**
	Snatch performance (kg.)	76.14	732	83.57	11.85	2.388	0.000**
Vertical velocity	First acceleration (m/s)	0.73	0.01	0.78	0.02	-1.185	0.225
·	Transition (m/s) (m/s)	1.40	0.03	1.44	0.01	-1.183	0.225
	Final acceleration(m/s)	1.81	0.05	1.88	0.02	-0.676	0.527
	Turnover(m/s)	0.69	0.01	0.70	0.03	-0.314	0.686
	Stand and stability phase (m/s)	0.59	0.02	0.55	0.00	-1.609	0.101
Horizontal velocity	First acceleration (m/s)	0.25	0.01	0.20	0.00	-1.782	0.080
	Transition (m/s)	0.35	0.02	0.23	0.02	-1.859	0.660
	Final acceleration (m/s)	0.38	0.03	0.27	0.01	-1.472	0.138
	Turnover (m/s)	0.22	0.02	0.16	0.02	-1.014	0.287
	Stand and stability phase (m/s)	0.18	0.02	0.11	0.00	-2.023	0.000**

The Z= value ±1.96 at the level of 0.05 (double sided)

The researcher analyzed kinematic snatch of study for members of the experimental and control groups in both pre and post measurements, where 28 attempts were analyzed by using a program (Win analyzes) for kinetic parameters analysis according to the following; technical performance phase in snatch start position, first pull, double knee bend, second pull, turnover and stand and stability phase. These phases offset mechanically Lift-off, first acceleration, transition, final acceleration, turnover and stand and stability phase (Figure 3).

Analyzed are four main phases to snatch a performance (start position - Frist Acceleration - Transition - Final Acceleration - Turnover- Stand and stability- standing up) (Isaka et al., 1996; Ajan, 2006) and calculates of kinetic parameters Vertical velocity and Horizontal velocity (Newton & Kraemer, 1994; Nordin & Frank, 2001).

Statistical analyses

The statistical analysis of the control and experimental data SPSS was used to apply formulas statistical by

calculating: average, standard deviation, Mann-Whitney and Wilcoxon test.

Results

Table 1 shows the results of significant statistical differences to Wilcoxon test the experimental group between pre and post measurements in tests of physical variables, Snatch performance and snatch phases in the vertical and horizontal velocity variables. Where the value of P < 0.05 to all variables search which shows statistically significant differences between pre and post measurement for post measurement.

Table 2 shows the results of significant statistical differences to Wilcoxon test the control group between pre and post measurements in tests of physical variables, Snatch performance and snatch phases in the vertical and horizontal velocity variables. Where the value of P < 0.05 to all variables search which shows statistically significant differences between pre and post measurement for post measurement.

Table 3. Statistics - test for the physical variables and snatch phases in the vertical and horizontal velocity variables of Mann -Whitney between Experimental and Control group to post-test.

	Variables	Experimen	ntal group	Control	group	Z	Р
	variables		SD	Mean	SD	Z	Г
Physical variables	Power Snatch (kg.)	84.00	10.74	63.57	12.72	2.366	0.000**
•	Pull Snatch (kg.)	124.00	15.79	106.29	14.75	2.108	0.000**
	Squat (kg.)	164.43	16.10	183.86	15.15	2.047	0.000**
	Front Squat (kg.)	146.57	18.67	123	16.67	3.148	0.000**
	Snatch performance (kg.)	101.86	10.88	83.57	11.85	2.691	0.000**
Vertical velocity	First acceleration (m/s)	0.93	0.01	0.78	0.02	-1.342	0.175
	Transition (m/s) (m/s)	1.95	0.04	1.44	0.01	-3.130	0.000**
	Final acceleration(m/s)	2.31	0.04	1.88	0.02	-3.134	0.000**
	Turnover(m/s)	0.67	0.01	0.70	0.03	-0.192	0.918
	Stand and stability phase (m/s)	0.53	0.02	0.55	0.00	-0.704	0.402
Horizontal velocity	First acceleration (m/s)	0.08	0.02	0.20	0.00	0.000	0.928
•	Transition (m/s)	0.12	0.03	0.23	0.02	-2.372	0.000**
	Final acceleration (m/s)	0.15	0.00	0.27	0.01	-1.994	0.043**
	Turnover (m/s)	0.7	0.01	0.16	0.02	-1.993	0.043**
	Stand and stability phase (m/s)	0.10	0.00	0.11	0.00	-3.019	0.000**

The Z= value ±1.96 at the level of 0.05 (double sided)

Table 3 significant statistical differences of Mann-Whitney test in the post measurement of physical variables, Snatch performance and snatch phases in the vertical and horizontal velocity variables between the control and experimental groups. Where the value of P <0.05 in all research variables indicating that there are statistically significant differences between the control and the experimental group for the experimental group.

Discussion

The results showed the effectiveness of assistance exercise to snatch to increase the bar speed, as well as improve the level of achievement in the snatch of the weights and the superiority of the experimental group to the control group in physical tests and kinetic variables Vertical velocity and Horizontal velocity during performance phase of snatch in posttest (Ebada, 2008).

Optimal use of assistance exercises directly influence development of the results of weightlifter especially when using exercises (power snatch, front squat, squat, pull snatch) (Tamsh & Baroga, 2011). The increase in vertical first acceleration is phase through transition phase and final acceleration, the weightlifter benefit from this increase in speed to get to the highest point barbell in the end of final acceleration phase (Ebada, 2013).

The vertical acceleration barbell with the control weight to produce a front acceleration in the second pull creates utter importance to the completion of the motor duty and the existence of an increase in the vertical velocity of the weight continuously (Gourgoulis et al., 2000).

Assistance exercises should be similar in curve of power, speed and time of the barbell trajectory, and to be designed according to the model used in the competition movement, muscle groups working in skill, dynamic and composition during the competition (Saied, 1996).

The second pull is the fastest of all performance phases in the snatch, where increasing vertical acceleration at this phase allows for hip, knee, foot joint extension, and here it is clear influential and effective role of the second pull phase" draw (Mohammed, 1996; Nabil, 2011).

Conclusions

The training program using exercise showed a statistically significant improvement for assistance exercises on barbell speed, velocity (vertical, horizontal) for snatch lift and performance weightlifters. Interest in using assistance exercises for snatch and private exercises of pull, power snatch and squat snatch has an important role in the success of the performance of the snatch. Training according to power curve, speed and time of the barbell trajectory and muscle working performance. The need for evaluation of barbell trajectory during the performance by modern techniques for analysis of kinetic activity links it with training programs for weightlifters. These results must be taken into account by the coaches and weightlifters to use the assistance exercises for snatch to improve the kinetic performance and the level of achievement lifting snatch for weightlifters.

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Appendix 1. Assistance exercises for the snatch program training

				PREPARATOR'	Y PHASE			
		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Snatch 80% 3s x 3r	power Snatch 80% 2s x 3r 85% 3s x 2r	Snatch 80% 3s x 3r		power Snatch 80% 2s x 3r 85% 3s x 2r	Snatch 80% 2s x 3r	
		power Clean 80% 2s x 3r 85% 2s x 1r Jerk 80% 2s x 3r	Clean 80% 4s x 2r 80% 2s x 1r power Jerk 80% 4s x 2r	power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r		Clean 80% 4s x 2r 85% 1s x 2r power Jerk 80% 4s x 3r	power Clean 85% 2s x 2r 90% 1s x 2r Pull Clean 80% 2s x 2r	
	ek (1)	85% 1s x 2r	0070 15 X 21	85% 1s x 2r		00 /0 43 X 51	90% 2s x 2r	
repet	eekly titions : O reps	Pull Clean 80% 2s x 3r 85% 2s x 2r	Overhead Squat 80% 2s x 3r 85% 3s x 1r 80% 2s x 3r	Front Squa 80% 2s x 3r 85% 3s x 2r	ning	Overhead Squat 80% 2s x 3r 85% 3s x 1r 80% 3s x 1r	Good Morning 80% 2s x 3r 85% 3s x 2r	ning
		Good Morning 80% 2s x 3r 85% 3s x 2r	Pull Snatch 880% 2s x 3r 85% 2s x 2r	Good Morning 80% 2s x 3r 85% 3s x 2r	No training	Pull Snatch 80% 2s x 3r 85% 2s x 2r	Bench Press 85% 5s x 1r	No training
		Front Squa 80% 2s x 3r 85% 3s x 2r	Squa 80% 2s x 5r	Bench Press 80% 12s x 6r		Squa 80% 2s x 5r	Abdominal 80% 4s x 1r	
		Abdominal 80% 1s x 5r				Bench Press 80% 1s x 5r	Squa 80% 2s x 5r	
	Technical	17	10	17		10	6	
Total of reps	Assistance	45	55	35		60	45	
	Total	62	65	52		70	51	
Average of	Technical	81.6%	82.5%	81.6%		82.5%	85%	
intensity	Assistance	82.5%	81.5%	82.1%		81.5%	84.3%	
menony	Total	82%	82%	80%		82%	84.6%	

Average weekly intensity 82% Technical exercises = 60 reps Assistance Exercises = 240 reps

The first number is the the intensity ...% of 1RM, the second. number is set and the third is reps

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Snatch 80% 3s x 3r 85% 1s x 2r	Power Snatch 80% 2s x 3r 85% 3s x 2r 90% 2s x 2r	Snatch 80% 3s x 3r 85% 1s x 2r		power Snatch 80% 2s x 3r 85% 3s x 2r	Snatch 80% 2s x 3r	
		power Clean 80% 2s x 3r 85% 1s x 2r	Clean 80% 4s x 2r 85% 2s x 2r	power Clean 80% 2s x 2r 85% 1s x 2r		Clean 80% 4s x 2r 85% 2s x 2r	power Clean 80% 2s x 2r 85% 1s x 2r	
Wee	k (2)	Jerk 80% 2s x 3r 85% 2s x 2r	power Jerk 80% 4s x 2r 85% 2s x 3r	Jerk 80% 2s x 3r 85% 1s x 2r		Pull Snatch 80% 2s x 2r 85% 2s x 2r 90% 1s x 1r	Pull Clean 80% 2s x 2r 85% 1s x 2r 90% 1s x 2r	
wee repetii 350		Pull Clean 80% 2s x2 r 85% 2s x 2r 90% 1s x 2r	Overhead Squat 80% 2s x 3r 85% 3s x 1r 85% 2s x 3r	Front Squa 80% 2s x 3r 85% 3s x 2r	guin	power Jerk 80% 2s x 4r	Squa 80% 2s x 5r	uing
		Front Squa 80% 2s x 3r 85% 3s x 2r	Pull Snatch 80% 2s x 2r 85% 2s x 2r 90% 2s x 2r	Good Morning 80% 2s x 3r X 23 % 85	No training	Overhead Squat 80% 2s x 3r 85% 3s x 1r 80% 2s x 3r	Good Morning 80% 2s x 3r 85% 1s x 2r	No training
		Good Morning 80% 2s x 3r 85% 3s x 2r 80% 2s x 3r	Squa 80% 21s x 5r 85% 2s x 2r 80% 2s x 3r	Bench Press 80% 1s x 5r 85% 1s x 5r		Squa 80% 2s x 5r 80% 2s x 2r	Bench Press 80% 1s x 5r	
		Abdominal 80% 1s x 5r				Bench Press 80% 1s x 5r		
	Technical	21	12	19		12	6	
Total of reps	Assistance	53	87	40		63	37	
	Total	74	99	59		75	43	
	Technical	82.5%	82.5%	82.5%		82.5%	85%	
Average of	Assistance	83%	83.2%	82.5%		82.5%	84.2%	
intensity	Total	82.75%	82.8%	82.5%		82.5%	84.6%	
		Average weel	kly intensity 80.6 %	Technical exercises = 70	reps Assistano	ce Exercises =280 reps		

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Saturday		Snatch	1 uesuay	,	mursuay	riiday
		Snatch	power Snatch	80% 2s x 3r		power Snatch	Snatch	
		80% 3s x 3r	80% 2s x 3r	90% 1s x 1r		80% 2s x 3r	80% 2s x 3r	
			85% 2s x 2r 95% 1s x	95% 1s x 1r		85% 2s x 2r		
			2r	100% 1s x 1r]	95% 1s x 2r		
		power Clean	Clean	power Clean		Clean	power Clean	
		80% 2s x 3r	80% 4s x 2r	85% 2s x 2r 90% 1s x		80% 4s x 2r	85% 2s x 2r 90% 1s	
		90% 1s x 2r	85% 1s x 2r	2r		85% 1s x 2r	x 2r	
		Jerk	power Jerk	Jerk		power Jerk	Pull Clean	
We	eek (3)	80% 2s x 3r	85% 4s x 2r	80% 2s x 3r		95% 4s x 2r	85% 2s x 2r 95% 2s	
	cer (o)	90% 1s x 2r		90% 1s x 2r			x 2r	
we	eekly	Pull Clean	Overhead Squat	Front Squa 80% 2s x 3r		Overhead Squat	Good Morning	
repe	titions:	80% 2s x 2r	80% 2s x 3r	90% 2s x 3r		80% 2s x 3r	80% 2s x 3r	
200	0	90% 2s x 2r	90% 3s x 1r	95% 1s x 2r		90% 3s x 1r	85% 2s x 2r 90% 1s	ing
300	0 reps		95% 2s x 3r	70,0 2011 ==	No training	95% 2s x 3r	x 2r	No training
		F 16	Pull Snatch	Good Morning	ain	D 11.C + 1	n 1 n	lo tr
		Front Squa 80% 2s x 3r	80% 2s x 3r	80% 2s x 3r	lo ti	Pull Snatch 80% 2s x 3r	Bench Press 80% 1s x 5r	Z
		90% 3s x 2r	95% 1s x 2r 100% 1s x	90% 2s x 2r 95% 1s x	Z	85% 2s x 2r	00 /0 18 X 31	
		70 /0 35 X 21	2r	2r		05 /0 25 X 21		
i		Good Morning	Squa	Bench Press		Squa	Squa	
		80% 2s x 3r	85% 1s x 4r 90% 1s x	85% 1s x 3r 95% 1s x		85% 1s x 4r	85% 1s x 4r 90% 1s	
		85% 3s x 2r	3r	2r		95% 1s x 3r	x 3r	
		<u> </u>	95% 1s x 3r			95% 1s x 3r	95% 1s x 3r	
		Abdominal				Bench Press 85% 1s x 3r	Abdominal	
		85% 1s x 5r				95% 1s x 2r	85% 1s x 4r	
	Technical	17	10	17		10	6	
Total of reps	Assistance	45	55	35	1	60	45	
1	Total	62	65	52		70	51	
	Technical	86.6%	83.3%	90.8%		82.5%	85%	
Average of intensity	Assistance	85.6%	90%	89%		88.9%	87.3%	
intensity	Total	86.1%	86.6%	90%		85.7%	86.1%	
		Average we	eekly intensity 86.6 %	Technical exercises = 6	60 reps Assistar	nce Exercises =240 reps		
		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	F : 1
								Friday
				,	ruesaay	,	, and the second	Friday
		Snatch	power Snatch 80% 2s x 3r	Snatch	ruesday	power Snatch	Snatch	Friday
		j	power Snatch	,	Tuesday	power Snatch 80% 2s x 3r	, and the second	Friday
		Snatch 85% 3s x 3r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r	Snatch	Tuesday	power Snatch	Snatch	Friday
		Snatch 85% 3s x 3r power Clean	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean	Snatch 80% 3s x 3r	Tuesday	power Snatch 80% 2s x 3r	Snatch 80% 2s x 3r	Friday
		Snatch 85% 3s x 3r power Clean 80% 2s x 3r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r	Snatch	rucsury	power Snatch 80% 2s x 3r 90% 3s x 2r	Snatch	Friday
		Snatch 85% 3s x 3r power Clean	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x	Snatch 80% 3s x 3r power Clean	Tuestuy	power Snatch 80% 2s x 3r 90% 3s x 2r Clean	Snatch 80% 2s x 3r power Clean	Friday
		Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r	i de.dai y	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r	Friday
W	ook (1)	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk.)	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk	ideddy	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean	Friday
We	eek (4)	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r	i de.day	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r	Friday
		Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r 95% 1s x 2r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r	r de.day	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r	Friday
W	eek (4) eekly titions :	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning	racaay	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r Good Morning	Friday
repe	eekly titions :	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk J 80% 2s x 3r 95% 1s x 2r Overhead Squat	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r	racady	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r	Friday
repe	eekly	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 3s x 1r 90% 2s x 3r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning		power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r	,
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repe	eekly tititions: 0 reps Technical Assistance	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Front Squa 80% 2s x 3r 90% 3s x 2r Abdominal 85% 1s x 5r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 3s x 1r 90% 2s x 3r Pull Snatch 80% 2s x 3r 85% 2s x 2r Squa 80% 1s x 5r 90% 1s x 5r 100% 1s x 2r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Front Squa 80% 2s x 3r 85% 3s x 2r		power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r 90% 3s x 1r 95% 2s x 3r Pull Snatch 80% 2s x 3r 90% 2s x 2r Bench Press 85% 1s x 5r Squa 80% 1s x 5r 90% 1s x 3r 90% 1s x 2r 10 60	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Squa 80% 2s x 5r Abdominal 80% 1s x 4r	,
w repe	eekly tititions: 0 reps Technical Assistance Total	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Front Squa 80% 2s x 3r 90% 3s x 2r Abdominal 85% 1s x 5r	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 85% 2s x 2r 95% 1s x 2r power Jerk 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 3s x 1r 90% 2s x 3r Pull Snatch 80% 2s x 3r 85% 2s x 2r Squa 80% 1s x 5r 90% 1s x 3r 100% 1s x 2r	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Front Squa 80% 2s x 3r 85% 3s x 2r		power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r Pull Snatch 80% 2s x 3r 90% 2s x 2r Bench Press 85% 1s x 5r Squa 80% 1s x 5r 90% 1s x 3r 90% 1s x 2r 10 60 70	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Squa 80% 2s x 5r Abdominal 80% 1s x 4r 6 45 51	,
we repe 300	reekly tititions: 0 reps Technical Assistance Total Technical	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Front Squa 80% 2s x 3r 90% 3s x 2r Abdominal 85% 1s x 5r 17 45 62 83.3%	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 95% 1s x 2r 95% 2s x 2r 95% 1s x 2r power Jerk 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 3s x 1r 90% 2s x 3r Pull Snatch 80% 2s x 3r 85% 2s x 2r Squa 80% 1s x 5r 90% 1s x 3r 100% 1s x 2r 100% 1s x 3r 100% 1s x 3	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Front Squa 80% 2s x 3r 85% 3s x 2r		power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r Pull Snatch 80% 2s x 3r 90% 2s x 2r Bench Press 85% 1s x 5r Squa 80% 1s x 5r 90% 1s x 3r 90% 1s x 2r 10 60 70 90%	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Squa 80% 2s x 5r Abdominal 80% 1s x 4r 6 45 51 %85	,
w repe 300	Technical Assistance Total Assistance Assistance Assistance	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Front Squa 80% 2s x 3r 90% 3s x 2r Abdominal 85% 1s x 5r 17 45 62 83.3% 86.2%	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 95% 1s x 2r S5% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 3s x 1r 90% 2s x 3r Pull Snatch 80% 2s x 3r 85% 2s x 2r Squa 80% 1s x 5r 90% 1s x 3r 100% 1s x 2r 100% 1s x 2r 10 10 55 65 65 86.6% 86.1%	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Front Squa 80% 2s x 3r 85% 3s x 2r		power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r Pull Snatch 80% 2s x 3r 90% 2s x 2r Bench Press 85% 1s x 5r Squa 80% 1s x 5r 90% 1s x 3r 90% 1s x 2r 10 60 70 90% 89.1%	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Squa 80% 2s x 5r Abdominal 80% 1s x 4r 6 45 51 %85 81.8%	,
We repe 300 Total of reps	reekly tititions: 0 reps Technical Assistance Total Technical	Snatch 85% 3s x 3r power Clean 80% 2s x 3r 90% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Pull Clean 85% 2s x 2r 90% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Front Squa 80% 2s x 3r 90% 3s x 2r Abdominal 85% 1s x 5r 17 45 62 83.3% 86.2% 84.7%	power Snatch 80% 2s x 3r 85% 2s x 2r 95% 1s x 2r Clean 80% 2s x 2r 95% 1s x 2r power Jerk, 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 95% 1s x 2r Overhead Squat 80% 2s x 3r 85% 2s x 1r 95% 2s x 3r 100% 1s x 2r 100% 1s x 3r 100% 1s x 2r 100% 1s x 2r 100% 1s x 2r 100% 1s x 2r 100% 1s x 3r 100% 1s	Snatch 80% 3s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Jerk 80% 2s x 3r 85% 1s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Front Squa 80% 2s x 3r 85% 3s x 2r	No training	power Snatch 80% 2s x 3r 90% 3s x 2r Clean 85% 42s x 2r 95% 1s x 2r power Jerk 85% 2s x 4r Overhead Squat 80% 2s x 3r 90% 3s x 1r 95% 2s x 3r Pull Snatch 80% 2s x 3r 90% 2s x 2r Bench Press 85% 1s x 5r Squa 80% 1s x 5r 90% 1s x 3r 90% 1s x 2r 10 60 70 90%	Snatch 80% 2s x 3r power Clean 80% 2s x 2r 85% 1s x 2r Pull Clean 80% 2s x 2r 85% 2s x 2r 85% 2s x 2r Good Morning 80% 2s x 3r 85% 3s x 2r Bench Press 80% 1s x 5r Squa 80% 2s x 5r Abdominal 80% 1s x 4r 6 45 51 %85	,

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Ž	- : · · · · · · · · · · · · · · · · · ·				Snatch	
		Snatch 90% 1s x 3r 85% 1s x 2r	power Snatch	Snatch		power Snatch	85% 1s x 2r 90% 1s x	
		90% 1s x 3r 95% 1s x 2r 90% 1s x 1r 95% 1s x 1r	80% 2s x 3r	85% 1s x 3r		90% 1s x 2r 90% 2s x	2r 95% 1s x 1r 100%	
		100% 1s x 1r	90% 2s x 2r	90% 1s x 2r 95% 1s x 1r		2r	1s x 1r	
		power Clean	Clean	power Clean		Clean	power Clean	
Wee	ek (5)	85% 2s x 3r	80% 2s x 3r	85% 2s x 2r 90% 1s x 1r		80% 2s x 3r	85% 2s x 2r 90% 1s x	
*****	K (O)	95% 1s x 2r	85% 1s x 1r		4	85% 1s x 2r	1r	
we	ekly	Jerk	power Jerk	Jerk		power Jerk	Pull Clean	
repeti	itions:	85% 2s x 2r 95% 1s x 2r	80% 2s x 3r	80% 2s x 3r		80% 2s x 3r	80% 2s x 2r 90% 1s x	
•				85% 1s x 2r			2r	
250	reps	Pull Clean	Overhead Squat	Good morning with		Overhead Squat	Good morning with	
		905% 2s x 2r	80% 2s x 3r	knees bend	90	80% 2s x 2r	knees bend	₽0
		95% 2s x 2r	85% 1s x 5r 80% 2s x 3r	80% 2s x 3r	ig	85% 1s x 3r	80% 2s x 3r	rija
			D 11 C 1	85% 2s x 2r	No training	80% 2s x 2r	85% 2s x 2r	No training
		Good Morning	Pull Snatch	Bench Press	9	Pull Snatch	Bench Press	8
		90% 2s x 3r 95% 2s x 2r	80% 2s x 2r	80% 1s x 4r	_	80% 2s x 2r	80% 1s x 4r	~
		F1 C	80% 2s x 2r	Energy Cours	4	85% 2s x 2r		
		Front Squa	Squa	Front Squa		Squa	Squa	
		85% 2s x 3r	80% 2s x 4r	85% 2s x 3r 95% 2s x 2r		80% 2s x 4r	80% 2s x 4r	
		95% 2s x 2r 100% 1s x 2r	+	100% 1s x 2r	1	Ronal Duos	Abdominal	
		Abdominal 80% 1s x 3r				Bench Press 80% 1s x 4r	Abdominal 80% 1s x 4r	
	T. d. d. d.		0	14	4			
Total - (Technical	14	8 44	14 31	-	8	6	
Total of reps	Assistance Total	41 55	52	45	-	47 55	37 43	
	Technical				4			
Average of		90%	82.5	87%	4	82.5%	92.5%	
intensity	Assistance	82.6%	82.2%	87.5%	_	82%	83.7%	
	Total	86.3%	82.2%	87.2%	1	82.2%	88.1%	
		Average weekly		nical exercises = 50 reps MPETITION PHASE	Assistance Exer	cises =200 reps		
		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
				0 11	-	-	Snatch	
		Snatch	power Snatch	Snatch		power Snatch	85% 1s x 3r	
		85% 3s x 3r	85% 2s x 3r	85% 3s x 3r		85% 2s x 3r	95% 1s x 2r 100% 1s	
		95% 1s x 2r	90% 2s x 3r 95% 2s x 2r	90% 1s x 2r		90% 3s x 2r	x 12r	
						Clean		
		power Clean 85% 2s x 3r	Clean	power Clean 85% 2s x 2r		85% 4s x 2r	power Clean 85% 2s x 2r	
		100% 1s x 2r	90% 4s x 2r 95% 2s x 2r	95% 1s x 2r		95% 1s x 2r	90% 1s x 2r	
		100 % 18 X 21		93 /6 15 X 21		100% 1s x 1r	90 /6 15 X 21	
							Pull Clean	
		Jerk	power Jerk	Jerk		power Jerk	80% 2s x 2r	
Wee	ek (6)	85% 2s x 3r	85% 4s x 2r	90% 2s x 3r 100% 1s x		85% 4s x 2r	90% 2s x 2r	
		95% 2s x 2r	95% 2s x 3r	2r			100% 1s x 1r 95% 1s	
		- 4					x 1r	
	ekly	Pull Clean	Overhead Squat	Good morning with		Overhead Squat	Squa	
repet	itions :	80% 2s x 2r	80% 2s x 3r	knees bend		85% 2s x 3r	85% 2s x 5r	
350	reps	90% 2s x 2r	85% 3s x 1r	85% 2s x 3r	હ	90% 1s x 3r		હ
330	Po	100% 1s x 2r	80% 2s x 3r	95% 2s x 3r	No training	95% 2s x 3r	Cood marries said	No training
		Front Squa	Pull Snatch	Bench Press	tra	Pull Snatch	Good morning with	tra
		85% 2s x 3r	85% 2s x 2r	85% 2s x 4r	Š	85% 2s x 2r	knees bend 85% 2s	Š
		90% 2s x 3r	90% 2s x 2r 95% 2s x 2r	90% 2s x 5r		90% 2s x 2r 100% 1s x 1r	x 3r 90% 3c x 2r	-
			Squa			100 /0 18 X 11	90% 3s x 2r	
		Good marning with	BUUK			1	1	
		Good morning with knees bend		Front Saua		Bench Press	Bench Press	
		knees bend	80% 2s x 5r	Front Squa 85% 2s x 3r		Bench Press 85% 1s x 5r	Bench Press 85% 1s x 3r	
		knees bend 85% 2s x 3r	80% 2s x 5r 85% 2s x 2r	85% 2s x 3r		Bench Press 85% 1s x 5r	85% 1s x 3r	
		knees bend	80% 2s x 5r					
		knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r	80% 2s x 5r 85% 2s x 2r	85% 2s x 3r		85% 1s x 5r	85% 1s x 3r 95% 1s x 2r	
		knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal	80% 2s x 5r 85% 2s x 2r	85% 2s x 3r			85% 1s x 3r 95% 1s x 2r Abdominal	
		knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r	80% 2s x 5r 85% 2s x 2r	85% 2s x 3r		85% 1s x 5r Squa	85% 1s x 3r 95% 1s x 2r	
	Technical	knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal	80% 2s x 5r 85% 2s x 2r	85% 2s x 3r		85% 1s x 5r Squa 85% 2s x 5r	85% 1s x 3r 95% 1s x 2r Abdominal	
Total of	Technical Assistance	knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal 90% 1s x 5r	80% 2s x 5r 85% 2s x 2r 80% 2s x 3r	85% 2s x 3r 95% 2s x 3r		85% 1s x 5r Squa 85% 2s x 5r 90% 2s x 2r	85% 1s x 3r 95% 1s x 2r Abdominal 90% 1s x 4r	
Total of reps		knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal 90% 1s x 5r	80% 2s x 5r 85% 2s x 2r 80% 2s x 3r	85% 2s x 3r 95% 2s x 3r		85% 1s x 5r Squa 85% 2s x 5r 90% 2s x 2r 12	85% 1s x 3r 95% 1s x 2r Abdominal 90% 1s x 4r	
reps	Assistance	knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal 90% 1s x 5r 21 53	80% 2s x 5r 85% 2s x 2r 80% 2s x 3r 12 77	85% 2s x 3r 95% 2s x 3r 19 50		85% 1s x 5r Squa 85% 2s x 5r 90% 2s x 2r 12 63	85% 1s x 3r 95% 1s x 2r Abdominal 90% 1s x 4r 6 37	
reps Average of	Assistance Total	knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal 90% 1s x 5r 21 53 74	80% 2s x 5r 85% 2s x 2r 80% 2s x 3r 12 77 89	85% 2s x 3r 95% 2s x 3r 19 50 69		85% 1s x 5r Squa 85% 2s x 5r 90% 2s x 2r 12 63 75	85% 1s x 3r 95% 1s x 2r Abdominal 90% 1s x 4r 6 37 43	
reps	Assistance Total Technical	knees bend 85% 2s x 3r 90% 3s x 2r 95% 2s x 3r Abdominal 90% 1s x 5r 21 53 74 90 %	80% 2s x 5r 85% 2s x 2r 80% 2s x 3r 12 77 89 92.5 %	85% 2s x 3r 95% 2s x 3r 19 50 69 92.5 %		85% 1s x 5r Squa 85% 2s x 5r 90% 2s x 2r 12 63 75 91.6 %	85% 1s x 3r 95% 1s x 2r Abdominal 90% 1s x 4r 6 37 43 91.6 %	

		Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		Snatch	power Snatch	Snatch	ĺ	power Snatch	Snatch	,
		85% 2s x 3r	85% 2s x 3r	85% 3s x 3r		85% 3s x 3r	85% 2s x 3r	
		90% 2s x 4r	90% 3s x 2r 95% 21s x	95% 2s x 2r 100% 1s x		95% 2s x 2r 100% 1s x 2r	90% 1s x 2r 95% 1s x	
		95% 1s x 2r	2r	2r			1r	
			Clean			Clean	power Clean	
		power Clean	85% 4s x 3r	power Clean		85% 4s x 3r	85% 2s x 2r	
		85% 2s x 3r	95% 2s x 2r 90% 2s x	85% 2s x 3r		95% 1s x 2r	95% 1s x 1r 100% 1s x	
		95% 1s x 2r	4r	X 2 1 %95		100% 1s x 1r	1r	
				T1.		95% 2s x 2r		
		Jerk	power Jerk	Jerk 85% 2s x 3r		manuan Tanla	Pull Clean	
1	Week (7)	85% 2s x 3r	85% 2s x 3r	90% 1s x 3r 95% 1s x		power Jerk 90% 2s x 2r 100% 1s x 2r	85% 2s x 3r	
	, ,	90% 2s x 2r		2r 100% 1s x 1r		70 /0 23 X 21 100 /0 13 X 21	90% 2s x 2r	
	weekly			Good morning with			Good morning with	
re	epetitions :	Pull Clean	Overhead Squat	knees bend		Overhead Squat	knees bend	Şo.
	200	85% 2s x 3r	85% 2s x 3r	90% 2s x 3r 95% 2s x	50	85% 2s x 3r	85% 2s x 3r	ig
	300 reps	95% 2s x 2r	100% 1s x 2r	2r	riu	90% 1s x 2r	95% 2s x 2r	trai
		Good Morning	Pull Snatch	Bench Press	No training	Pull Snatch		No training
		85% 2s x 3r	X 2 2 %85	85% 1s x 5r	Š	85% 2s x 3r	Bench Press	
		95% 3s x 2r	95% 2s x 2r	90% 1s x 4r		95% 2s x 2r 100% 1s x 1r	90% 1s x 4r	
			Squa	Front Squa		Caus	Squa	
		Abdominal	85% 2s x 4r	85% 2s x 3r		Squa 85% 2s x 4r	85% 2s x 2r	
		90% 1s x 4r	03 /0 23 X 41	90% 2s x 2r		05 /0 25 X 41	95% 1s x 2r 100% 1s x	
				3070 23 X 21			1r	
		Front Squa						
		85% 2s x 3r				Bench Press		
		95% 1s x 2r				90% 1s x 5r		
	Technical	100% 1s x 2r 24	20	21	•	16	9	
Total of	Assistance	44	46	35		50	37	
reps	Total	64	64	65		66	50	
Average	Technical	89%	91.6 %	91.4 %		93.4%	91.6 %	
of	Assistance	91%	89.4%	89.3%		91.6 %	91.8 %	
intensity	Total	90%	90.5 %	90.3 %		92.6%%	91.7 %	
							91.7 70	
		Average wee		echnical exercises = 90 re		ce Exercises =210 reps	91.7 70	
-			СО	MPETITION TAPER WI	EEK	ce Exercises =210 reps		
<u> </u>		Saturday		MPETITION TAPER WI Monday			Thursday	Friday
<u> </u>		Saturday Snatch	CO	MPETITION TAPER WI Monday power Snatch	EEK	ce Exercises =210 reps		Friday
<u> </u>		Saturday Snatch 80% 2s x 3r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r	EEK	ce Exercises =210 reps Wednesday		Friday
		Saturday Snatch 80% 2s x 3r 85% 2s x 3r	CO	MPETITION TAPER WI Monday power Snatch	EEK	ce Exercises =210 reps Wednesday Snatch		Friday
	West (0)	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r	EEK	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r		Friday
,	Week (8)	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk	EEK	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk		Friday
1	Week (8)	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r	EEK	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r		Friday
	Week (8) weekly	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r	EEK	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk		Friday
		Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r	EEK	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r		Friday
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r	Thursday	
re	weekly	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r	Tuesday	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch	Thursday	
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk	Tuesday	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r power Jerk	Thursday	
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r	Thursday	
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r 85% 2s x 4r	CO	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 2s x 3r	EEK	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 850% 2s x 3r		Friday Suining
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r Sow 2s x 4r Squa	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning	Tuesday	Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 60% 3s x 3r	Thursday	
re	weekly epetitions :	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r \$5% 2s x 4r \$qua 80% 2s x 4r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 850% 2s x 3r	Thursday	
re	weekly epetitions : 180 reps	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r 85% 2s x 4r Squa 80% 2s x 4r 85% 1s x 3r	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 85% 2s x 3r Good Morning 80% 2s x 3r	Thursday	
re	weekly epetitions: 180 reps Technical	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r 85% 2s x 4r Squa 80% 2s x 4r 85% 1s x 3r 36	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 85% 2s x 3r Good Morning 80% 2s x 3r	Thursday	
re	weekly epetitions: 180 reps Technical Assistance	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r 85% 2s x 4r Squa 80% 2s x 4r 85% 1s x 3r 36 31	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r 14 41	Tuesday	Exercises =210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 850% 2s x 3r Good Morning 80% 2s x 3r 22 36	Thursday	
re	weekly epetitions: 180 reps Technical Assistance Total	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r Squa 80% 2s x 4r Squa 80% 2s x 4r 85% 1s x 3r 36 31 67	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r 41 41 55	Tuesday	Exercises = 210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 850% 2s x 3r Good Morning 80% 2s x 3r 22 36 58	Thursday	
Total of n	weekly epetitions: 180 reps Technical Assistance Total Technical Assistance Assistance Assistance	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r Squa 80% 2s x 4r Squa 80% 2s x 4r Squa 36 31 67 85 %	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r 14 41 55 85%	Tuesday	Exercises = 210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 80% 2s x 3r Good Morning 80% 2s x 3r 22 36 58 82.5 %	Thursday	
re Total of r	weekly epetitions: 180 reps Technical Assistance Total Technical Assistance Assistance Assistance	Saturday Snatch 80% 2s x 3r 85% 2s x 3r 90% 2s x 2r Clean and Jerk 80% 3s x 4r 85% 2s x 2r 90% 2s x 2r power Snatch 80% 2s x 3r power Clean 80% 2s x 3r Squa 80% 2s x 4r Squa 80% 2s x 4r 85% 1s x 3r 36 31 67	Sunday	MPETITION TAPER WI Monday power Snatch 80% 2s x 3r 85% 2s x 1r Clean and Jerk 80% 3s x 3r 85% 2s x 3r 90% 1s x 1r Overhead Squat 80% 2s x 2r 85% 1s x 2r power Jerk 80% 2s x 3r 85% 31s x 3r Good Morning 80% 2s x 3r 85% 2s x 3r 41 41 55	Tuesday	Exercises = 210 reps Wednesday Snatch 80% 2s x 3r 85% 2s x 3r Clean and Jerk 80% 3s x 3r 85% 2s x 2r power Snatch 80% 3s x 3r 850% 2s x 3r power Jerk 80% 3s x 3r 850% 2s x 3r Good Morning 80% 2s x 3r 22 36 58	Thursday	