

The Training Plan - Weightlifting Meet Manual

April 11th 2015

Contents

1. Intro
2. Meet Standards
 - a. Snatch
 - b. Clean and Jerk
3. Preparation
 - a. Weigh in
 - b. Fueling
 - c. Picking your starting weights
4. Snatch
 - a. General Warm up
 - b. Specific Warm up
 - c. Snatch Competitions Attempts
5. Clean and Jerk
 - a. General Warm up
 - b. Specific Warm up
 - c. Clean and Jerk Competition Attempts
6. General Performance Tips

THETRAININGPLAN

1. The Training Plan Weightlifting Meet!

Your TTP Weightlifting Competition - You will have 3 attempts in the snatch, and then 3 in the C&J to lift the most you can in each lift. Take the heaviest lifted in each and combine the 2 for a total of which you will use to go up against your fellow TTPers.

There will be prizes for top 3 male and female (sinclair co-efficient) lifters. In order to be eligible for prizes, you must submit your results (via google form on Saturday's post) AND your videos of best Snatch and CnJ (to Facebook group) by end of day Sunday (regardless of your time zone). No exceptions.

If you are unable to complete the competition before then, you can still use it as a test for yourself but won't be eligible for any of the prizes.

We also provide you with two typical weightlifting competition scenarios with the lifts as this meet is a perfect opportunity to practise competing. Please follow the instructions to make the most out of this meet.

THE TRAINING PLAN

2. Meet Standards

We will be using standard IWF rules to judge. See here:
http://www.iwf.net/weightlifting_/the-two-lifts/

To go along with this, we will be looking for press-outs (catching the weight with bent elbows and the straightening after or catching locked out and then bending and leaving or re-straightening from there) and the elbow touching the knee in the catch of the clean. More info, directions, and rules below.

2.1 Snatch

- o The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the full extent of both arms above the head, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap.
- o No part of the body other than the feet may touch the platform during the execution of the lift.
- o The weight, which has been lifted, must be maintained in the final motionless position, arms and legs extended, the feet on the same line, until the Referees give the signal to replace the barbell on the platform (or until the lifter becomes motionless in all parts of the body if no referee available).
- o The lifter may recover in his or her own time, either from a split or a squat position, and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

THE TRAINING PLAN

2.2 Clean and Jerk

2.2.1 Clean

- o The barbell is placed horizontally in front of the lifter's legs. It is gripped, palms downwards and pulled in a single movement from the platform to the shoulders, while either splitting or bending the legs. During this continuous movement, the barbell may slide along the thighs and the lap.
- o The barbell must not touch the chest before the final position. It then rests on the clavicles or on the chest above the nipples or on the arms fully bent.
- o The feet return to the same line, legs straight before performing the Jerk. The lifter may make this recovery in his or her own time and finish with the feet on the same line, parallel to the plane of the trunk and the barbell.

2.2.1 Jerk

- o The athlete bends the legs and extends them as well as the arms to bring the barbell to the full stretch of the arms vertically extended. He or she returns the feet to the same line; arms and legs fully extended, and waits for the Referees' signal to replace the barbell on the platform (or until the lifter becomes motionless in all parts of the body if no referee available).
- o The Referees give the signal to lower the barbell as soon as the lifter becomes motionless in all parts of the body.

THE TRAINING PLAN

3. Preparation

3.1 Weigh-in

2 hours before you start.

3.2 Fuel Up

First and foremost, ensure you are hydrated. Typically, for most athletes in a weightlifting competition, there is at least a little bit of sweating going on to shave any necessary weight to get into their weight class.

I don't recommend worrying about doing any of this for our purposes here, but in either case ensure you are where you need to be in general in regards to hydration (if you were sweating to make weight, you'd need to replace beyond the amount that you sweat out and continue sipping throughout the competition).

Then, get a little bit of food in, something light; fruit, a conservative amount of healthy fat (avocado, nuts, seeds, etc.), quality protein (this can be in the form of a shake especially if that's what you are used to.) Then, relax!

THE TRAINING PLAN

3.3 Picking your starting weights

Before we talk about specific warm ups, you will need to pick your starting weight (your first of your 3 attempts).

For this you will want something you are comfortable/confident with, but also something heavy enough to allow you a chance to reach your best within 3 attempts without the jumps in weight being too big. Remember as well that this lift is what will put you in the competition (without making at least 1 of your 3 attempts in the snatch OR c&j, you will not have a total to put up against others; NOW, let's not speak of that scenario again!)

There is no exact science for picking your opening attempt as each athlete is a little different in how they should plan and then execute to get the most out of themselves, and it will likely take a little experimentation to find the best individual method(which will likely change over time as well).

Here are some things to consider to help you choose one. First of all understand and remember that you are being set up for this "meet" with specific rest/stimulation so have confidence that you will be even more prepared than usual for the weight you choose, and capable of lifting heavy beyond this and your recent training weights!

That being said, I recommend around 95% of your best in the last 3 months (maybe this is your best ever and maybe it is not, but this will keep it current and help you get the most out of yourself on this specific day.) Also, this opening attempt needs to be something you've hit at least a few times in the last month. We will discuss 2nd and 3rd attempts later.

THE TRAINING PLAN

4. Snatch

4.1 Snatch Warm Up

2 hours after you weigh in, time to be changed into your Superman suit and start warming up. First up, the snatch.

In a weightlifting competition we warm up by our estimated minutes and/or attempts out from our first attempt; we can discuss this, or direct you toward that information at another time. For our purposes here, you will perform each recommended warm up set about every 3 minutes.

4.1.1 General Warm Up

For most weightlifters, general warm up includes leg swings, arm circles, squats and presses with the bar, and that's pretty much it.

I have been in the same boat for most of my career but now believe we can be more sufficiently warmed up AND stimulated with a little more intensity, so I am motivated to change the look of movements you might see in a weightlifting competition warm up room, and therefore general weightlifting programming in preparation for this.

Especially for you guys as CrossFitters whose bodies are already used to it, let's see something like an alternating Tabata of burpees and air squats. This will be in addition to whatever other general warm ups/mobility that you like and feel best prepares you for the snatch and c&j. I really like other movements such as rowing, Russian KB swings, double unders, etc. for this as well but the burpees and air squats will be more than sufficient and keep extra equipment unnecessary.

4.1.2 Specific Warm Up

- Bar complex (5 reps of each: snatch grip RDL, hang power snatch, OH squat, snatch squat press)
- bar x 5reps (hang snatch)

Recommended warm ups with percentages taken off of your chosen starting attempt are as followed:

3 @ 35% (from here forward, regular snatch)
3 @ 50%
2 @ 65%
2 @ 75%
1 @ 85%
1 @ 92%
1 @ 96%

THE TRAINING PLAN

4.2 Snatch Competition Attempts

For the snatch we will be mimicking the very common competition scenario of an athlete following themselves (for the c&j we will mimic a different scenario discussed later).

Within a weightlifting competition this would mean that there are no other athletes in the given athlete's session that are lifting weights for any of their 3 attempts that are within the range of the given athlete's 3 attempts. This usually happens if the given athlete is the first or last lifter in the session, but can also happen anywhere in the middle.

If an athlete is following another competitor with any of their attempts, they have a 1 minute clock once the weight is loaded and their name is called, but if they are following themselves, they have a 2 minute clock once the weight has been changed or tightened and their name has been called (there are also a certain number of weight changes allowed, as well as a few other tricks, that can help the athlete buy themselves more time to rest, but this is another aspect of a weightlifting competition that we can discuss or direct you toward that information at a later time.) We will discuss how we will apply this scenario.

So now you are warmed up, stimulated and ready to go! You will have taken your last warm up (1 @ 96% of your chosen starting attempt) and then should take your 1st attempt about 3 minutes later.

When you are ready, load your chosen starting attempt and set a 1 minute clock (you must initiate the bar before the time runs out, but you do not have to complete the lift within that minute; no need to take it that far though.)

Once you hit your first attempt, you will take no more than 30 seconds to decide what weight you will attempt next, load the weight promptly, and start your 2 minute clock (again there are ways to buy yourself more time, but for our purposes we will consider the 30 seconds of deciding, the loading time, and the 2 minutes sufficient; also, once again, you will need to initiate the bar before the 2 minute clock runs out).

Then, same thing for your 3rd attempt (if you happen to miss on your 1st or 2nd attempt, you do have the option of going up in weight, but you cannot go down any in weight once the bar has been loaded; I will recommend for you to repeat the same weight so you have the best chance to build your best total.)

THE TRAINING PLAN

In planning/choosing your 2nd and 3rd attempts we will assume of course that your goal is a PR (meaning anything over 100%,) or at least something more than you've hit in a while (remember we talked about choosing your starting attempt off of what is current for you.) So if you start with the 95%, your plan may look something like this:

- 1st attempt = 95%
- 2nd attempt = 98-100%
- 3rd attempt = 101%+

If you choose to be more conservative with your starting attempt, you will of course need to take bigger jumps:

- 1st attempt = 90-94%
- 2nd attempt = 96-98%
- 3rd attempt = 101%+

If you choose to be a little more aggressive with your starting attempt:

- 1st attempt = 96-99%
- 2nd attempt = 101%+
- 3rd attempt = 101%+

Now, celebrate your success! But be brief, you still have work to do, time for the C&J! Take it easy for a few moments first with 15-30 minutes of rest. During this rest, be sure to hydrate and fuel up a little. Again something light and for now I'd say very little to no fat and don't feel guilty about taking in some sugar, but if you have something you know works for you, go with it.

THE TRAINING PLAN

5. Clean and Jerk

5.1 Clean and Jerk Warm Up

Again, choose your starting attempt first, using the same method as the snatch. Recommended warm ups for C&J with percentages taken off of your chosen starting attempt are as followed:

- bar complex (5 reps of each: clean grip RDL, hang power clean, front squat, jerk)

3 @ 40% (from here forward, regular c&j)

2 @ 60%

1 @ 75%

1 @ 85%

1 @ 94%

*You will perform each recommended warm up set about every 3 minutes.

5.2 Clean and Jerk Competition Attempts

For the C&J we will be mimicking another very common competition scenario; having excess time/rest between competition attempts. Within a weightlifting competition I will define this as any more than 3 minutes, or 3 attempts from other competitors between any of a given athlete's 3 attempts.

This happens very commonly at international competitions where the athletes are lifting very near the same weights within the sessions they are placed in. Time/attempts between a given individual's competition attempts I've seen inch up to around 15; most commonly it is between 3 and 10.

Some athletes like to wait this out but I myself found much more success with staying stimulated, meaning for me not going more than 3 minutes/attempts without doing another warm up, even if this meant I had to rush out to my 2nd or 3rd attempt (sometimes with other athletes making changes, etc. you can go from having 5 attempts before you are up to zero as an example).

Usually these extra warm ups between competition attempts are around 80% in the snatch and 70% in the c&j, unless there need to be multiple warm ups in which case I might go even lighter and build back up to the point of completely re-warming up. As a CrossFitter, for obvious reasons, I would assume this would be the best option for you as well if you ever do a weightlifting competition, which I highly recommend.

THE TRAINING PLAN

Now to put the scenario into play.

You will have taken your last warm up (1 @ 94% of your chosen starting attempt) and then should take your 1st attempt about 3 minutes later.

When you are ready, load your chosen starting attempt and set a 1 minute clock. Once you hit your first attempt, you will take no more than 30 seconds to decide what weight you will attempt next and load it; but remember, you will have extra rest time here to deal with.

After loading you 2nd attempt, have a second bar available to perform any extra warm ups on. On this bar have about 70% of your competition goal for the day loaded and take it about 2 minutes after loading your 2nd attempt. Wait another 2 minutes and then take again. Wait another 2 minutes and then start the 1 minute clock for your 2nd competition lift which you will now attempt. Then, the same thing for your 3rd attempt but with only 1 extra warm up instead of 2. This process should look as followed:

1st competition attempt

2-3 minutes rest

extra warm up at 70%

2-3 minutes rest

extra warm up at 70%

2-3 minutes rest

2nd competition attempt

2-3 minutes rest

extra warm up at 70%

2-3 minutes rest

3rd competition attempt

THETRAININGPLAN

In planning/choosing your 2nd and 3rd attempts for your C&J, use the same recommendations as the snatch.

If you start with the 95%, your plan may look something like this:

- 1st attempt = 95%
- 2nd attempt = 98-100%
- 3rd attempt = 101%+

If you choose to be more conservative with your starting attempt, you will of course need to take bigger jumps:

- 1st attempt = 90-94%
- 2nd attempt = 96-98%
- 3rd attempt = 101%+

If you choose to be a little more aggressive with your starting attempt:

- 1st attempt = 96-99%
- 2nd attempt = 101%+
- 3rd attempt = 101%+

THE TRAINING PLAN

6. General Performance Tips

Remember in executing your lifts, starting with your warm ups and especially your big lifts, keep your thoughts/focal points simple and few. 2 or 3 cues, that is it. Today is not the day to think about every little position and to piece together the perfect technique. Most important will be the bare bone basics:

- 1. You must lock into your start position (for most this is "simply" feeling exaggerated tension in the back.)
- 2. You must work to keep the bar close throughout the lift, specifically from the floor to the knee.
- 3. You must extend your body; most can extend more than they think they need and benefit. "Extend so long it feels wrong!" It's very easy to get ahead of yourself here and try to get under the bar too quickly. Keep getting under the bar completely out of your head today and let your reception be a reaction and it will happen the best that it can. Get UP!

The specific cues that work for you the best at any given time may vary but within this method of focusing, they should have something to do with these 3 things and an example might look like this: "tight, close, extend" or "lock, lats, jump," etc., etc. It is a "simple" as that. You have put in lots of strength and technique work up to this point so trust in that and be aggressive with what it is. How you do this is to execute these 3 things with everything you have, nothing else matters/should matter in your head. Allow everything else to be "automatic".....ALLOW it to be simple!

Have Fun!

- Chad Vaughn