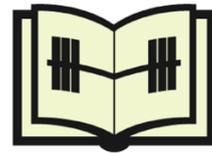


# ULTIMATE WEIGHTLIFTING PROGRAM

*Breeze's*



Atlas Olympic Weightlifting Courses.



Powerful Ideas Press  
Books about strength sports

## Programming Exercise 2

Ready for some more programming practice?

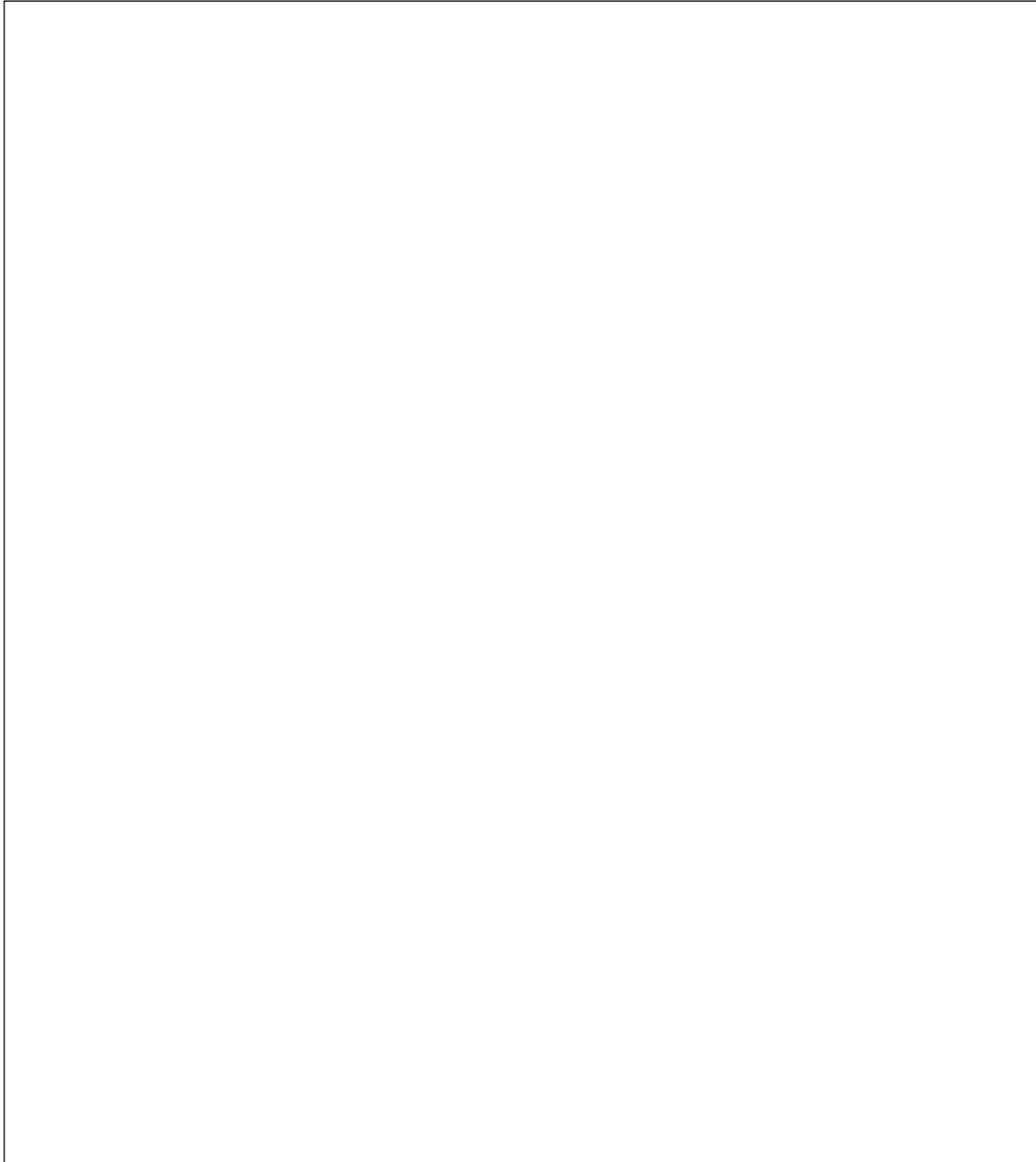
In this exercise, you will be given an example of an athlete to prepare a program for. You should use the process that we covered in the course to develop the program. Feel free to refer back to the course lessons and materials!

## Part One – Understanding the Athlete

You may want to refer to [Lesson 2 – Understanding the Athlete](#)

You know that Beth has been lifting for quite a long time but you know you need to know more than that.

What are you going to ask Beth about herself to understand her needs a bit better?

A large, empty rectangular box with a thin black border, intended for the student to write their questions about Beth's needs.

When you have written your questions, turn to the next page for Beth's answers.

## Beth's answers

- Age – 28
- Weight – 72 kg
- Experience – Has been lifting for ten years, competing for most of them. Has been to national championships a few times.
- Best lifts – 80kg snatch, 105kg clean and jerk, 105kg clean, 114kg jerk
- Power variations – 67kg power snatch, 100kg power clean, 105 kg power jerk
- Strength lifts – 130kg back squat, 110kg front squat
- Injury history – some shoulder and upper back issues which have prevented her training properly for a little while. She is now ready to get back to it.
- Lifestyle/work – Full time work 9-5 Monday-Friday
- Motivation – Good – she really wants to medal at national championships
- Goals – short term – perform as well as possible at national championships in three and a half month's time.
- Nutrition – she is pretty good and is prepared to make changes if required
- Sleep – she gets eight hours a night most nights
- Previous programming – she had done programs where she hit 160 to 170 reps at 80% and above in a week but found that any more than that left her too tired.

How will these answers affect how you will program for Beth?

Once you have written down your answer, turn to the next page and see if you agree with us.

Some points you may want to consider:

- Beth's technique should be pretty set by this point (although ideally we'd want to see her lift to check!)
- She is returning from injury, so we need to take that into account, especially early in the program. We may want to run a block that focuses on conditioning before ramping things up.
- Her clean and jerk is limited by her clean. It looks like this could be a technical issue as her power clean is high relative to her clean. It could also be a front squat strength issue as that seems low compared to her overall strength.
- She is motivated but has work commitments
- We have some information about how she responds to programming volume. We do need to bear in mind that she is returning from injury though.

If you thought of some other things, well done! There is always more to learn about athletes and how we can better program for them.

Now turn to the next page to continue the process.

## Part Two – Program Length and Microcycles

You may want to refer to [Lesson 4 – Undulating Periodisation in Detail](#)

Since Beth’s competition is in fourteen week’s time, the program clearly needs to build towards that. Fourteen weeks is enough time to divide things up a bit though. We know she is returning from injury, so we may want to do a couple of weeks of conditioning-focused work before starting a twelve-week undulating program.

Now it is time to assign microcycles/weeks in the program.

Fill in this table with your plan:

	Week Type	Maximum Intensity	Weekly Volume	Technique	Strength
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					
Week 9					
Week 10					
Week 11					
Week 12					

When you have filled the table in, turn to the next page to see an example.

## Part 3 – Weekly Volume and Training Days

Next, you need to decide what maximum weekly volume to base the program on and how many days a week Joe will train.

Maximum weekly volume:

Days per week to train:

## Part 4 – Planning the First Week

You may want to refer to [Lesson 6 – Applying The Theory](#) and [Lesson 7 – Exercise Selection](#)

You can now use the ultimate weightlifting program spreadsheet to calculate the technique and strength reps for each day of the program.

Then, you need to select exercises for Beth to do during the week. We recommend that you do this on the spreadsheet so that you can keep track of technical and strength reps for each day.

You can download blank versions of the undulating periodisation spreadsheet [here](#).

Now take a look at the week of training you are about to give to Joe.

Here are some questions that will help you to evaluate what you have done:

- Have you allocated the planned total weekly volume?
- Is the split of technique to strength reps right?
- Have you got a good mix of snatch, clean and jerk exercises?
- Are you happy with the focus on competition lifts vs variations?
- Have you included plenty of sets and reps at warmup weights to enable Joe to practise technique?
- How is the division of strength reps between front squats, back squats and any other exercises you included?

## Part 4 – Planning the Other Weeks

Now apply the same process to the other weeks in the program.