**Planned Performance Training: A 14-week plan to reach Peak Form at your Major Meet**

1. Basic Set Up
   1. 3 Themed 4 Week Cycles
      1. Volume
      2. Strength Development
      3. Neural Training
   2. Weekly Themes
      1. Base
      2. Volume
      3. Unload
      4. Performance
         1. Prep
2. Training Days
   1. Monday and Friday
      1. Lifting and Athletic Development only
         1. Off Season
            1. Monday: Heavy Pulls/Bench/Ancillary
            2. Friday: Heavy Squat/Bench/Ancillary
         2. In-Season
            1. Monday: Heavy Pulls/Squat/Bench/Ancillary
            2. Friday: Speed Emphasis
   2. Tuesday/Wednesday/Thursday/Saturday
      1. Throws/Multi-Jumps/Multi-Throws/Speed/Active Recovery
3. Volume and Intensities for Lifting
   1. Weeks 1-4 = Volume (65%-80%)
      1. Squat/Bench = 5’s
      2. Clean/Jerk/Snatch = 3’s
   2. Weeks 5-8 = Strength Development (70% to 90%)
      1. Squat/Bench = 3’s
      2. Clean/Jerk/Snatch = 2’s
   3. Weeks 9-12 = Neural Training (80% to 100%)
      1. Squat/Bench = 2’s/1’s
      2. Clean/Jerk/Snatch: 1’s
   4. Week 13 (Prep Week)
      1. Squat/Bench = 3x3@70%
      2. Clean/Jerk/Snatch = 3x1@80%
4. Volume for Multi-Jumps/Multi-Throws/Speed
   1. Based upon Weight Room Theme
5. Volume for Throws
   1. Also Based on Weight Room Theme
      1. Base week = 3 reps of each Throw/Drill
      2. Volume week = 4 reps of each Throw/Drill
      3. Unload week = 1 rep of each Throw/Drill
      4. Performance week = 2 reps of each Throw/Drill
6. Daily Set Up
   1. Lifting
      1. Module 1
         1. Explosive
         2. Core
         3. Injury Prevention
      2. Module 2
         1. Lower Body
         2. Pull
         3. Mobility
      3. Module 3
         1. Hinge/Hip
         2. Push
         3. Mobility
7. Throws
   1. Warm Up
   2. Speed/Jumps
   3. Throw
   4. Multi-Throws
      1. Wednesday and Saturday is normally Throwing and Active Rest