

Hercules Weightlifting Club

Masters Training Program – 10 OR 16 weeks in duration

Preamble

For many athletes, becoming master weightlifters is a natural extension of their sporting career. This continuous involvement reflects the necessity to stay embarked in an active life style. You treasure the camaraderie of others with the same goals and look forward to share the most memorable moments for the past and present. Your mind still needs the challenge and excitement of the competition and now you take a frequent look at the masters' records, which are offered in different age groups.

Physical and Technical Qualities

A Master weightlifter is advised to select proper competitions from the events calendar and practice to achieve peak performance. This preparatory period should be 10 to 16 weeks in duration. In the program presented, the first part includes the training phase with higher volume and low intensity, followed by medium volume and medium to high intensity. This periodization model should ensure progressive development and peaking at the designated competition.

Important qualities to watch at the master stage are flexibility, strength, power and coordination. To develop these qualities, the program employs a wide variety of exercises organized into proper training methods.

Training Guidelines

- Practice should be conducted 3 times per week. The length of each session will vary depending upon the training objective, but on the average this should be 70 – 90 minutes in length
- Before each training session, the athlete should engage in a general body warm-up, consisting of exercises such as jogging, cycling, power waking, and stretching
- Before each new exercise a specific warm-up should be performed. This type of warm-up will consists of movements that are similar to that specific exercise. Once completed, resistance will be gradually increased corresponding with the training session's objective
- The cool-down period after each training session should consist of core work, and stretching
- The amount of weight should be administered to the athlete on an individual basis, depending on their ability level. For this reason, the following system is used to determine the amount of weight lifted:

50 %	or	very light weight
60 %	or	light weight
70 %	or	medium weight
80 %	or	medium-heavy weight
90 %	or	heavy weight
95 – 100 %		used for testing

- Loading code:

$$\frac{50}{5} \ 5 = \begin{array}{l} \text{weight in \% / number of sets} \\ \text{number of repetitions} \end{array}$$

- Exercises should be performed over a full range of motion using strict form at all times, without undue strain. It is understood some master lifters may have restricted flexibility and will need to adjust their lifting style to suite the abilities, for example full snatch may be performed as a low half squat snatch
- The rest between exercises should be approximately 3-5 minutes.
- The rest between sets in an exercise will vary depending on the number of repetitions, complexity of the exercise and the intensity. On average, this should be anywhere from 1-2 minutes between sets per exercise
- Proper breathing is also very important, extended breath holding can be dangerous
- There might be a need to slightly modify the program based on the individual circumstances. Keep in mind however, that such modifications would not result in a dramatic change of the program structure. Rather, a change in smaller variables such as shifting a workout or two, reducing or increasing sets or repetitions, would be the target
- When engaged in regular training, an athlete should also pay special attention to adequate rest and nutrition

How to use % calculation?

Most of the % calculations are based on the best performance in the snatch and the clean & jerk. To start the program, use your current best performance or if haven't established a result, use the number you think would reasonably represent 100 % of your best snatch and clean & jerk. Do not test to establish the result, as this could be too strenuous at the start of the program. % should be recalculated based on the test results.

Exercise % guidelines

Power snatch	- calculate based on 90 % of the snatch
Power clean & jerk	- calculate based on 90 % of the clean & jerk
Front squats	- calculate based on best clean & jerk result plus 5-10 %
Back squats	- calculate based on best clean & jerk result plus 10-15 %
Snatch pulls	- calculate based on best snatch result
Clean pulls	- calculate based on best clean & jerk result
Good mornings	- calculate based on the best snatch result
Jerk	- calculate based on best clean & jerk result

For exercises such as bench press, press, up-right rowing, triceps press and deltoid flies use individual weights. Keep in mind that loads for these general development exercises should be on a lower side.

Warm-up before each session: 5 minutes jogging, cycling, treadmill, or stepper.
10 minutes stretching exercises

Cool down after each session: 3 sets of abdominal exercises
10 minutes stretching exercises

Session Example:

WEEK 1

Session 1

1. Power snatch from the hang	$\frac{50}{4}$	2	$\frac{60}{3}$	2	$\frac{65}{3}$	2
2. Power clean & jerk	$\frac{50}{3}$	2	$\frac{60}{2}$	2	$\frac{70}{2}$	2
3. Back squats	$\frac{60}{5}$	2	$\frac{70}{4}$	3		
4. Up-right rowing	$\frac{50}{8}$	3				

Purchase the 10 week or 16 week program option to unlock the remaining sessions!