

Please complete the tables overleaf using the format as provided in the examples below. Please list all state, national and international competitions you plan to compete in during 2009 and anticipated bodyweight. Choose between 2- 4 peak competitions per year and shade in red. A Junior may choose 4 (NCC, WJC, National Age and C/W Junior Championships) While a Senior lifter may choose 3 as depicted in the example below – you and your coach will make the call that best fits your plans. Thank you for your effort and I look forward to receiving the assignment.

Athlete	Personal Best Snatch	Personal Best Clean & Jerk	Personal Best Total
Name: Jo Strong	Weight lifted: 120Kg	Weight lifted: 155kg	Weight lifted: 273kg
DOB: 12/12/1980	Date Achieved: 8/8/2009	Date Achieved: 11/11/2009	Date Achieved: 11/11/2009
	Bodyweight: 61.9kg	Bodyweight: 61.2kg	Bodyweight: 61.2kg

Peak	2009 Target Competition	Training Block			
		Start Date	Finish Date	Duration (Weeks)	Target Total
1	National Club Championships	5/1/2009	28/3/2009	12	280
2	National Championships	20/4/2009	18/7/2009	13	282
3	World Championships	24/8/2009	19/11/2009	13	286

Week Beginning	# Training Sessions/ week	# Hours Training / week	# Recovery hours / week eg massage	Event to be contested	Qualifying Period	Qualifying Standard	Target Lifts			Body Weight Target
							Snatch	JerK	Total	
5-1-09	5	10	3							
12-1-09	6	12	5							
18-1-09	6	12	5							
26-1-09	6	12	5							
2-2-09	4 + Comp	8	3	League Round 1 - Cairns	N/A	N/A	115	145	260	64.5kg
9-2-09	5	10	3							
16-2-09	6	12	5							
23-2-09	6	12	5							
2-3-09	6	12	5							
9-3-09	6	12	5							
16-3-09	5	10	3				120	152	272	63.5kg
23-3-09	3 + Peak 1 Comp	4.5	2	National Club Championships 28-29 March	Closes 2/3/09	Nil	123	157	280	62.00kg
30-3-09	3	4.5	3							

2009 Athlete Training and Competition Plan

Athlete	Personal Best Snatch	Personal Best Clean & Jerk	Personal Best Total
Name:	Weight lifted:	Weight lifted:	Weight lifted:
DOB:	Date Achieved:	Date Achieved:	Date Achieved:
	Bodyweight:	Bodyweight:	Bodyweight:

Peak	Competition	Training Block		
		Start Date	Finish Date	Duration (Weeks)
1				
2				
3				
4				

Week Beginning	# Training Sessions/ week	# Hours Training / week	# Recovery hours / week eg massage	Event to be contested	Qualifying Period	Qualifying Standard	Target Lifts			Body Weight Category
							Snatch	Jerk	Total	
5-1-09										
12-1-09										
18-1-09										
26-1-09										
2-2-09										
9-2-09										
16-2-09										
23-2-09										
2-3-09										
9-3-09										
16-3-09										
23-3-09				National Club Championships 28-29 March	Closes 2/3/09	Nil				
30-3-09										
6-4-09										
13-4-09										
20-4-09										
27-4-09				World Cup 3-7 May	1/12/08- 29/3/09	Senior Elite				

7-12-09										
14-12-09				Commonwealth Sen/Jun Championships	1/12/08-18/7/09 + 20/10/09	Junior/Senior International				
21-12-09										
28-12-09										

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Lifter Signature

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Coach Signature

...../...../2009
Date

...../...../2009
Date

Please return via email mkeelan@awf.com.au no later than close of business Monday 2 March, 2009

☺ Thankyou