

## Volume Guide Level 3

Code	Total Sets	Work-up Sets	Work at designated intensity	Total Reps	Notes
<b>LV5</b>	8 sets	5s x 5r	3s x 5r	40	This format of training with 5 repetitions per set all the way through the exercises presents a high-volume stimulus and is mostly used to promote fitness and strength development. Short rest intervals between sets (1½ - 2 mins maximum), sets must be performed with no stopping.
<b>LV3</b>	9 sets	4s x 5r	5s x 3r	35	This format of training is a mixture of sets of 5 reps and 3 reps and presents a high-volume stimulus to promote fitness and strength development. Performing 3 sets of 3 reps at the designated intensity after 5 sets of 5 reps is intended to be hard work. Rest intervals should be not more than 2 mins duration.
<b>NV3</b>	9 sets	5s x 3r	4s x 3r	27	This format is the most common format for training and is used for technical as well as strength development exercises. Performing 3 sets of 3 reps at the designated intensity provides a very good training stimulus. It provides solid practise on technique as well as strength and power development. Rest intervals should be not more than 2 mins duration.
<b>NV2</b>	9 Sets	5s x 3r	4s x 2r	23	This format is used for technical exercises mostly but occasionally for squats and other strength exercises. There are 5 work-up sets and then 3 sets of 2 reps at the designated intensity. This format of training tends to be used closer to competitions when higher intensity training predominates. Rest intervals should be not more than 2 mins duration.
<b>SV3</b>	6 Sets	4s x 3r	2s x 3r	18	The smaller volume format may be used when doing exercises which are warm-ups for other exercises, for example doing Overhead Squat before Power Snatch or Split Squats before Jerks.
<b>SV2</b>	7 Sets	4s x 3r	3s x 2r	18	This format is used for technical exercises but also for squats and other assistance exercises. It is used closer to competitions when higher intensity training predominates. Rest intervals should be not more than 2 mins duration.
<b>SV1</b>	7 Sets	3s x 3r 2s x 2r	2 singles	15	This low volume format is used in the last few weeks of the training program when it is necessary to reduce the training stress to allow the athlete to prepare for competition.

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