
What is good training?

1. Maintain high “**PRODUCTIVITY**” in your session by taking no more than 2 minutes rest between sets. You will be able to accomplish 50% more training than a person who takes 3 minutes between sets. Over the course of a year that is a staggering amount of extra work. The difference in recovery is minimal, and the faster training promotes greater fitness. Even when 3 people share a platform, if they work together they can all complete their sets within 2 minutes.
2. Pay the closest possible attention to **RECEIVING POSITIONS** in your lifting. This is the single biggest thing you can do to develop great confidence in your lifting. In the snatch, practise sitting as low as possible, placing feet well apart to facilitate an upright torso, remaining completely motionless for 2-3 seconds and NOT pushing your head forwards under the bar. In the jerk, ensuring that you have 50/50 weight distribution on your front and back foot, your back knee is well bent, front shin completely vertical and remaining completely motionless for 2-3 seconds without pushing your head forwards under the bar. When it comes to receiving positions, don't adopt the attitude that near enough is good enough. Study the greats of Weightlifting and try to perfect your positions. Lifters who push their heads forwards as they catch a weight overhead generally develop a receiving position problem.
3. Your **WARM-UP** weights in each exercise are really important. When performing any variation of the classical lifts (Snatch and Clean & Jerk), the first 5 sets are critical to the development and maintenance of skill. These first few sets in every exercise set the foundation for what is to come. Therefore if you do not focus your mind on quality of movement in your early warm-up sets, you will be inconsistent in technique in the sets of higher intensity that follow. Then over time, if you pay insufficient attention to those first few sets, it will have a negative cumulative effect on your skill.
4. The training environment is very much a place for developing **MENTAL SKILLS** as well as developing physiologic capacity. Weightlifters are practitioners of extreme heaviness and it is important to accept that this is who we are and this is what we do. As we gain in experience, we learn to reduce distracting thoughts about heaviness and focus instead on what will help us execute a great lift. The development of mental skills does not come easy. It must become a part of our everyday practise, training and non-training days. The objective when training is to focus on moment-to-moment experience. Do not dwell on what has happened or on what is to come.
5. Develop an understanding that training is a **HOLISTIC PROCESS**. It is important to appreciate that the training process is not about following a series of secret percentages but instead a process of optimising the training stimulus in accordance with the athlete's physical and psychological well-being. All too often, athletes are subjected to levels of stress which cause maladaptation (performance going backwards). Good training therefore requires good day-to-day decision making about the character and severity of training load, and very often these decisions are best made by coaches rather than athletes.