

Training 2006-2007 (C – Official Competition)

Sharyn

[illegible]

Ashleigh

[illegible]

Rebecca

[illegible]

Aaron

Hammer	Weight 7.26 1T	7.26	6.25	6kg	5kg	5kg C	4kg	4kg C	3kg	2kg	Snatch	Clean	Squat
Sept 2006					34.00	32.50		43.62	45.00				
Oct 2006	14.00	29.00	31.70	=33.00	34.80		41.50		45.50				
Nov 2006						35.31		43.18					
Dec 2006		28.00											

Bob

Hammer	Weight 14.5	Weight 12.5	Weight 11.34	Weight 10.0	Weight 7.26	9kg	8kg	7.26	6kg	5kg	4kg	Snatch Hang	Clean Hang	Squat	45 ° LPRESS
Sept 2006							37.40	45.70	52.70	55.10	60.60				
Oct 2006	17.00	17.90	19.17c	20.00	23.60	32.20 ₉₀	42.40	47.33	53.87c						
Nov 2006	17.10	18.70	19.77c	21.70	23.30	38.00	42.40	48.51c				4X62.5	4X80	4X115	6X240
Dec 2006			19.78c	22.20	24.60										

* Every 25m with 6.25kg equates to 26m with 6.0kg +1m

(C – Official Competition other distances are in training – tested monthly)