



The CTC Method of Weight Lifting

Key to using our videos effectively:

Many athletes get confused with the terminology. Each video has a letter and number code assigned to it:

- The upper case letter is the major lift / category of the videos: **C** = Clean, **CJ** = Clean & Jerk, **S** = Snatch, **D** = Deadlifts, **SQ** = Squats. An example of one of our numbers: “C13b” C = Clean
- The number is an assigned lift within the major category. “C13b = Power **Clean** w/ Reset into Front Squat
- The lower case letter: **a** = Front view of the video, **b** = Side view of the video
- If the word **Power** is in the **BEGINNING** of the title, that means the lifter will be getting off the ground during the lift (about half an inch or 1 inch only for most athletes).
- If the words **High Pull** are in the title, that means there will be a bend in the elbows at the **END** of the movement.
- If the word **Pull** is used (without the word “high” in front of it) in the title, that means the arms are nearly straight and the shoulders are shrugged in the movement. The movement ends before the bend in the elbows occurs.
- **Off Season:** Basically, we do several lifts with high repetitions and low weight to focus on **technique** and to strengthen / prepare muscles and ligaments for the heavy lifting in season.
- **In Season:** We progressively lift heavier with lower repetitions to prepare the body for peaking. We stop attempting max lifts (some categories of runners do not attempt max lifts) about 25-32 days before the peak race. The final 2-4 weeks of the season consists of maintenance work in the weight room – the goal is not to lose strength while we complete some very tough runs on the track.

Once the coach and athlete know how to use our website and videos, simply allow the athletes to study the exercises on their phones during the workouts. Pay close attention to foot placement, lower back postures, hand position on bars, and order of movements.

- The coach can tell athletes to do 5x5 of exercise **S12**, for example. That means 5 sets of 5 repetitions.
 - S = Snatch category. “12” means the video #12 in the Snatch series, which is the **Snatch Pull from Knee**.
 - Version “a” on the website shows the video from the front view. Version “b” shows the video from the side angle. The coach can pause the videos and discuss proper postures with the athlete.

The CTC Method of Weight Lifting – Basic Lifting Rules for Leaders

1. Many of your athletes can find lifelong value in mastering the Olympic Lifts (Snatch, Clean, and Clean & Jerk). After a running career is over, the athlete can still compete across the nation in weight class Olympic Weightlifting competitions.
2. Make sure any athlete that is going to lift is cleared by a medical professional to do so.
3. The books, *Olympic Lifting* (by Everett) and *Periodization Training for Sports* (Bompa) are highly recommended to be used by the instructor / coach to ensure basic lifting principles are considered when creating lifting sessions and programs. The lifting coach or athletic coach should be certified by a lifting organization, such as USA Weightlifting. These organizations ensure a basic and systematic approach to safety, lifting techniques, and program development.
4. Athletes should demonstrate basic coordination and strength **before** lifting weights. Examples may include all of the following: The ability to do 20 x 2 footed jumps, 15 x left footed jumps, and 15 by right footed jumps - all with a jump rope in 60 seconds total time. 10 slow and high-quality push-ups in one session. 60 second plank. 15 meters of continuous broad jumps. 60 seconds of flutter kicks. A basic shuttle run test or side-to-side agility test are helpful as well. Basically, if the athlete cannot coordinate and move / lift their own body, then the athlete may not be ready to lift safely in the weight room. Keep that athlete safe and working on core / bodyweight work. If an immature athlete keeps quitting during bodyweight tests, he / she may also quit during a lift – resulting in serious injury.
5. Olympic Lifts that we use involve many lifting movements / progressions associated with the **Clean, Clean & Jerk**, and **Snatch**. We also use standard deadlifts, hex bar deadlifts, front squats, back squats, overhead squats, bench press, and several lifts performed with machines. The use of kettlebells, medicine balls, and core work is addressed separately on our website.
6. Continuously study bar path, hand placements, foot positioning, shoulder positioning, back posture, order of movements (hips, thighs, shoulders, elbows, etc..). Use the books and regularly grow your understanding of lifts.
7. Many athletes are injured annually during weight room activities. Many injuries can be prevented.
 - a. Practice the movements with a broomstick / PVC pipe before using weights. Make sure the athlete has a good grasp of the coordination of the movement before adding weights.
 - b. I would estimate about 90 sessions in the gym are needed to get a normal athlete **basically competent** in Olympic Lifting movements. That is about 30 weeks of 3 sessions per week, approximately 45-60 minutes in the weight room. Some athletes take longer.
 - c. Start with the simplest progression movements first. We will not have athletes perform a full Snatch, for example, until he / she has demonstrated it correctly with the broomstick and completed the progressions successfully. It may take 15 workouts just to get to the athlete doing the full movement for the first time with a weighted bar.