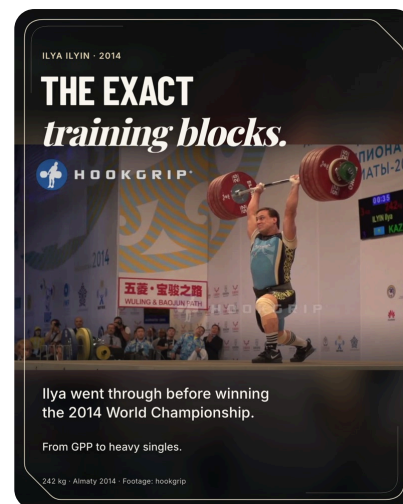


Ilya Ilyin

the run into the 2014 World Championships

Eight months of Ilyin's training on the way to the 2014 World Championships, read off 84 filmed sessions from December 2013 to August 2014. What the numbers show across the year, and one real week from each stage of it, with every load as a % of his best so you can run it off your own maxes.

Best on film: snatch 188, clean & jerk 240, front squat 270, back squat 260



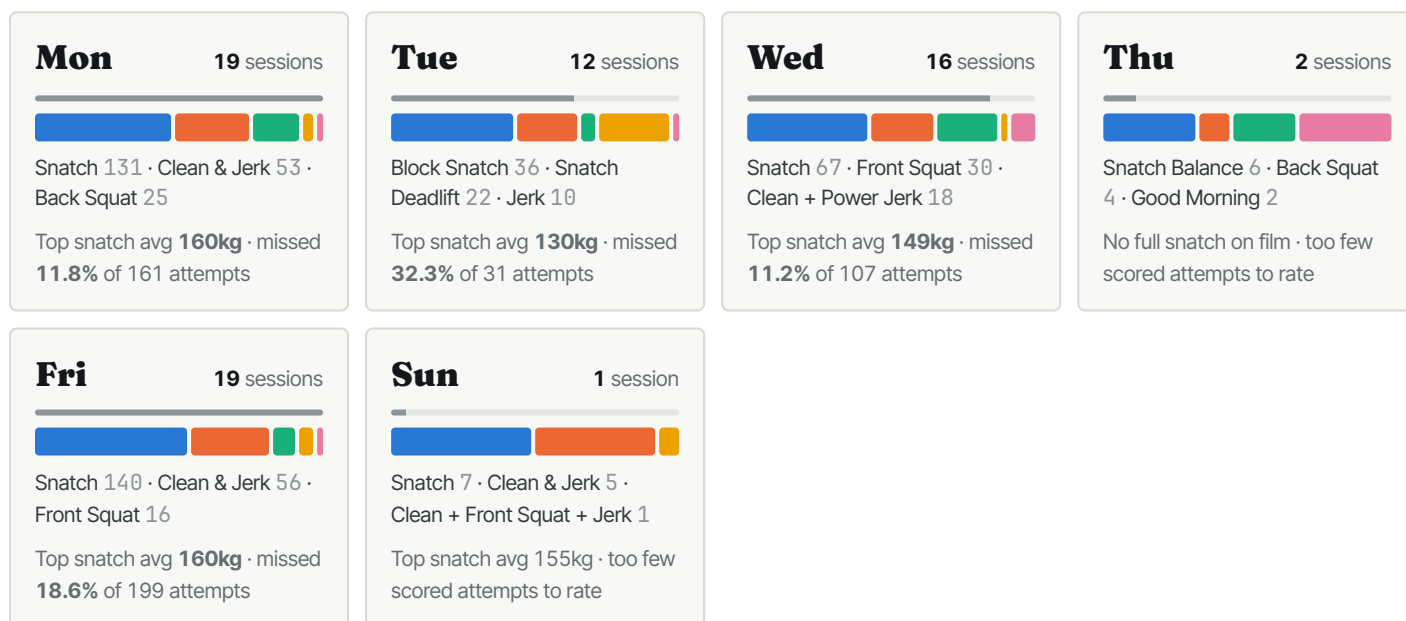
The training week

Every filmed session sorted onto its weekday. Monday, Wednesday and Friday carry the classic lifts; Tuesday is the second, lighter slot; Thursday, Saturday and Sunday barely appear.

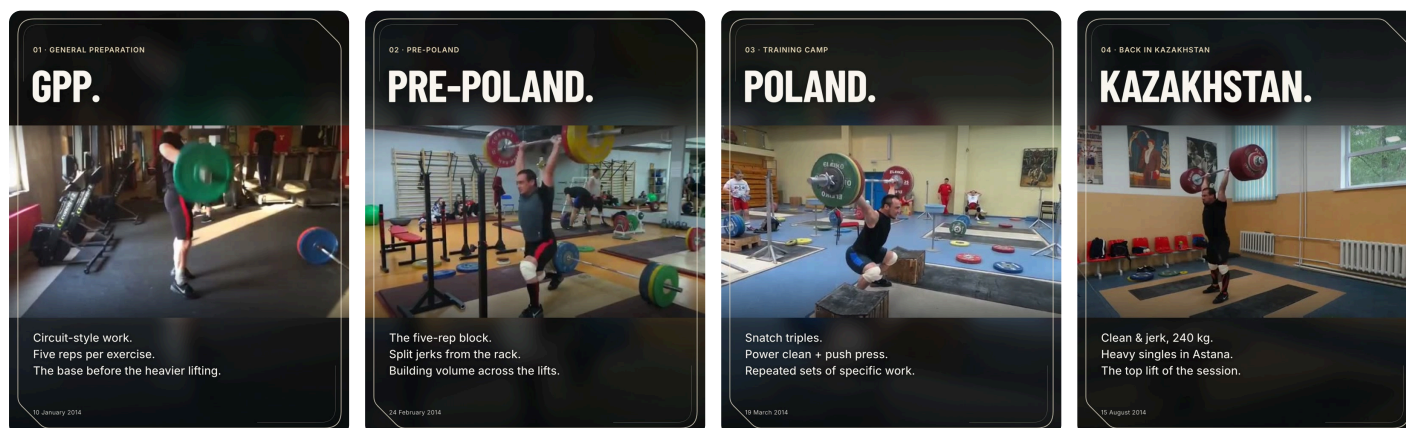
Mix of work by day

The bar is the share of logged entries by lift group; the thin rule under the day name is how that day compares on session count. The three movements listed are the ones that came up most often.

■ Snatch ■ Clean & Jerk ■ Squat ■ Pulls ■ Accessory



FOUR STAGES OF THE YEAR



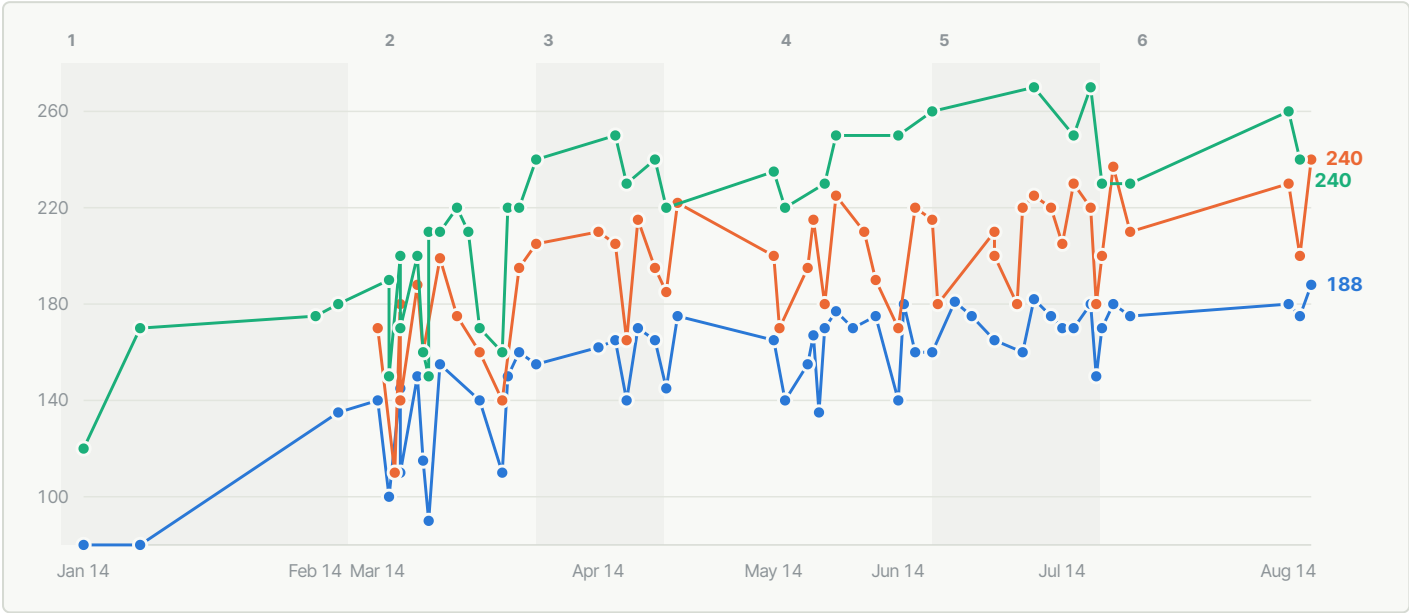
Load, misses and the shape of the year

Measured from 838 entries parsed out of the session notes. 39 of them were flagged unreadable and are left out of every figure below.

Top single per session, in kilos

The heaviest single recorded in each filmed session. Numbered bands are the blocks below. Gaps in the line are weeks with no footage, not rest.

■ Snatch ■ Clean & Jerk ■ Squat



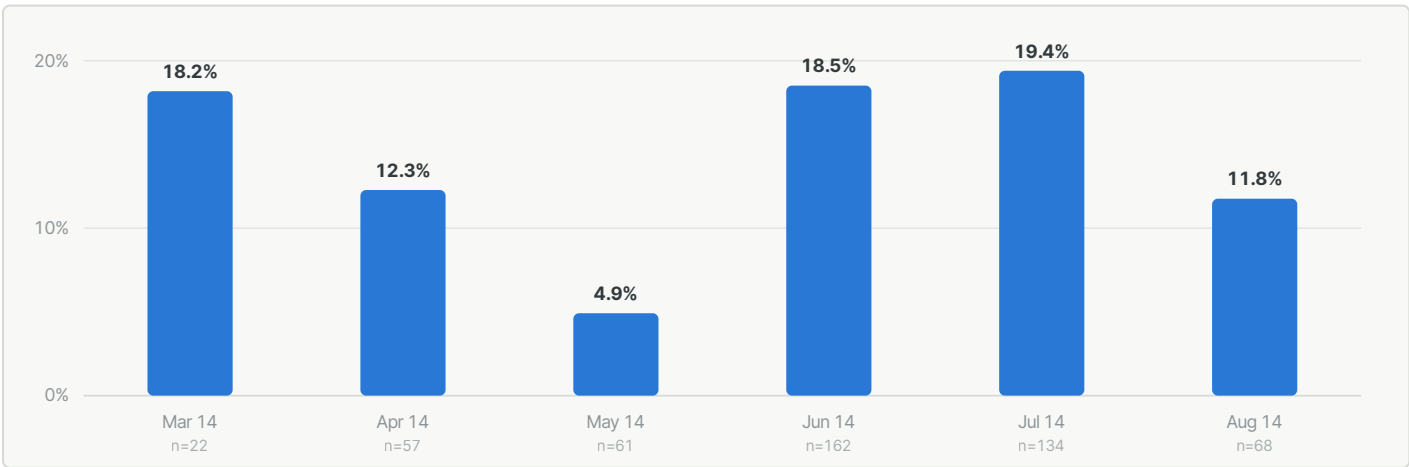
Miss rate by lift

Share of recorded single attempts that failed. One series, so the bars share a colour; length is the whole comparison.



Miss rate by month

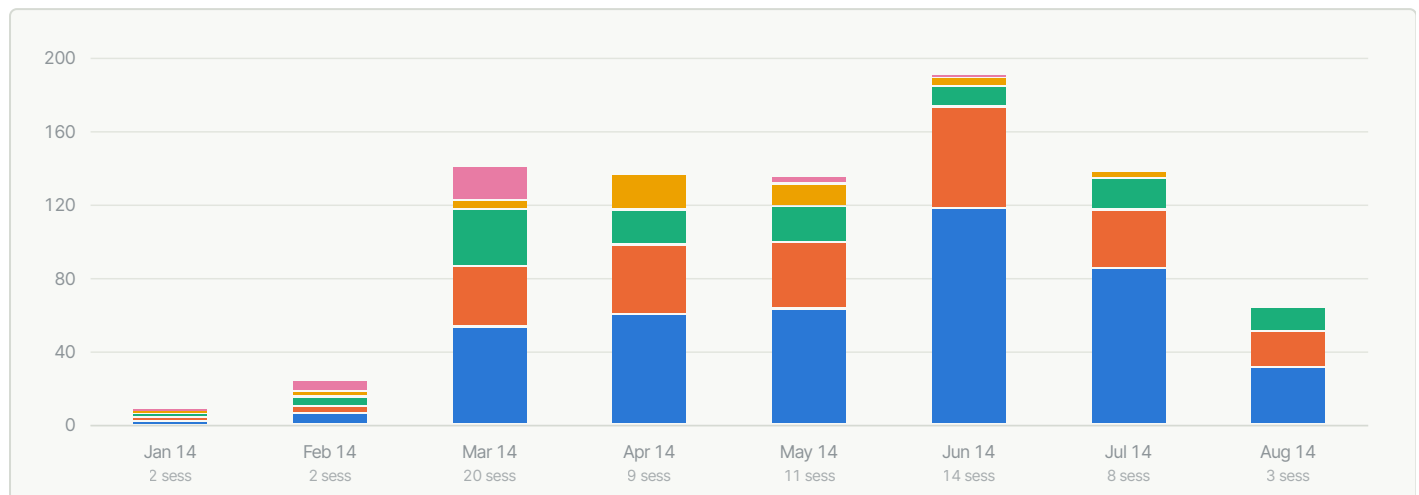
Months with fewer than ten recorded attempts are left out rather than shown as noise. n is the attempts behind each bar.



What he trained, month by month

Logged entries by lift group, counted per month. Height is how much was recorded that month, which tracks how much was filmed as well as how much he trained, so read the shares, not the totals.

■ Snatch ■ Clean & Jerk ■ Squat ■ Pulls ■ Accessory



HOW A MISS IS COUNTED

An attempt is one **single at a load**. Multi-rep work is training volume, not attempts, so it is excluded rather than counted as clean makes. The notes only ever enumerate attempts when something was missed, so taking them at face value would report a nonsense ~89% miss rate; counting every listed single as an attempt is what makes the rate meaningful. Entries the notes leave ambiguous ("~50% miss", garbled loads) are dropped, which if anything understates the misses.

The blocks

Where the training changes character. The boundaries come from the measured weekly series (top singles, the mix of work, session density, miss rate), and the names are a coach's reading of those numbers, not a document from his staff.

1 Base: low-density multi-rep groundwork

2014-01-06 → 2014-02-24 · 4 FILMED WEEKS · 4 SESSIONS

Sparse single-session weeks of multi-rep work building squat strength before classic lifts ramp up.

135 **180**
best snatch best squat

2 Accumulation: volume ramp on the classics

2014-03-03 → 2014-03-24 · 4 FILMED WEEKS · 19 SESSIONS

Session density jumps and snatch/CJ volume accumulates with top singles rising steadily.

160 **199** **220** **18.2%**
best snatch best clean & jerk best squat missed of 22

3 Intensification: heavy singles at higher percentages

2014-03-31 → 2014-04-21 · 4 FILMED WEEKS · 10 SESSIONS

Top singles push to new highs with a high attempt-to-make ratio on the classic lifts.

175 **222** **250** **12.3%**
best snatch best clean & jerk best squat missed of 57

4 Re-accumulation: rebuild after an unobserved gap

2014-05-12 → 2014-06-02 · 4 FILMED WEEKS · 14 SESSIONS

Work resumes at slightly backed-off intensities and rebuilds toward prior highs following three missing weeks.

180 **225** **250** **7.7%**
best snatch best clean & jerk best squat missed of 78

5 Overload: peak volume with rising miss rate

2014-06-09 → 2014-07-07 · 5 FILMED WEEKS · 17 SESSIONS

Highest attempt counts of the year with top singles reaching maxima, bought at a sharply climbing miss rate.

182	237	270	17.6%
best snatch	best clean & jerk	best squat	missed of 255

6 Realisation: back-off then a top-single peak

2014-07-14 → 2014-08-11 · 2 FILMED WEEKS · 5 SESSIONS

A reduced week precedes a return to the year's highest classic-lift singles.

188	240	260	17.4%
best snatch	best clean & jerk	best squat	missed of 92

A week from each period

One template week for every stage of the year: the best-filmed real week of each period, copied from the session notes, not composed. Loads are in kilos as he lifted them, and the % beside each lift is that load against his best on film (snatch 188, clean & jerk 240, front squat 270, back squat 260), so you can run it off your own maxes. Days that are not on film are left out, not filled.

DECEMBER 2013

Off-season, Los Angeles

Ten short clips are on film between 16 and 23 December, and none of them has been written up yet.

No template for this period. We do not fill a week we cannot read.

JANUARY TO FEBRUARY 2014

Base building

Fives on everything, climbing set to set. Squat and pull volume comes back before the classic lifts do. Only one session a week is on film, so these are the three session types he rotated, not one calendar week.

SESSIONS OF 24 FEB, 20 FEB AND 10 JAN 2014

MON TUE WED THU FRI SAT SUN

Mon 2014-02-24

Snatch 56-72%
5 reps at 105, 115, 125, 135

Split jerk 54-67%
5 reps at 130, 140, 150, 160

Back squat 58-69%
5 reps at 150, 170, 180

Clean deadlift 71-75%
5 reps at 180, 170, 180

Thu 2014-02-20

Warm-up
Bike

No-foot snatch balance 37-56%
5 reps, 70 up to 105

Back squat 56-67%
5 reps, 145 up to 175

Good morning
10 reps at 65, up to 75 for 5

Overhead press
10 reps at 65, up to 75 for 6

Abs
15-minute routine

Fri CIRCUIT

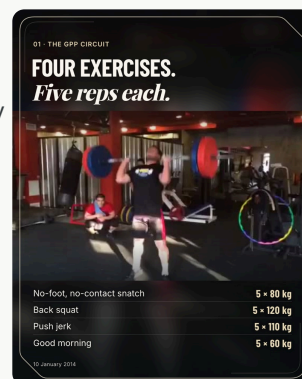
2014-01-10

No-foot, no-contact snatch 43%
5 reps at 80

Back squat 46%
5 reps at 120

Push jerk 46%
5 reps at 110

Good morning
5 reps at 60



MARCH 2014

GPP camp, Poland

The densest month on film: five training days, three of them doubles. Triples and doubles at 65 to 80%, a squat in almost every session, and one 100% day on Friday.

WEEK OF 10 TO 14 MARCH 2014, THURSDAY FROM 6 MARCH

MON

TUE

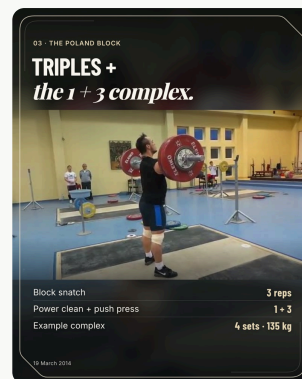
WED

THU

FRI

SAT

SUN



Mon AM 2014-03-10

Clean & jerk 71-78%

3 sets of 2 at 170, then 188 × 2

Back squat 77-85%

3 sets of 3 at 200, then 220 for reps

Mon PM 2014-03-10

Mobility

Long stretch, machine back extensions × 5, breathing work

Snatch 66-80%

Triples: 125, 3 sets at 135, 2 sets at 140 (2 of 3 missed), then 150 × 1

Tue AM 2014-03-11

Front squat 59%

5 sets of 3 at 160

Snatch 61%

4 sets of 3 at 115

Power clean + power jerk 63%

4 sets of 2 at 150, every other set a split jerk

Tue PM 2014-03-11

Block snatch 64-80%

3 sets of 3 at 120, 2 sets of 3 at 140 (half missed), 1 set of 3 at 150

Power clean + power jerk 67%

5 sets of 2 at 160

Clean deadlift 67-83%

Triples at 160, 180, then 2 sets at 200

Wed AM 2014-03-12

Front squat 56%

2 sets of 3 at 150, then 6 reps at 150

No-foot, no-contact snatch 48%

4 sets of 3 at 90

Snatch-grip push jerk, behind the neck

2 sets of 3 at 100, 3 sets of 3 at 120

Wed PM 2014-03-12

Snatch + 2 low-hang snatches 64-69%

120, 3 sets at 125, then 130

Power clean + 3 push presses 52-56%

2 sets at 125, 3 sets at 135, 2 sets at 140 (both missed)

Front squat 67-78%

3 sets of 3 at 180, 190 × 3, 210 × 3

Good morning

2 sets of 5 at 85

Thu 2014-03-06

Snatch balance 69-85%

3 sets of 3 at 130, then triples at 140, 150, 160

Squat jerk 54%

4 sets of 3 at 130

Clean 46%

Doubles at 110

Back squat 73-81%

Triples, 190 up to 210

Fri 100% DAY

2014-03-14

Snatch 74-82%

140 × 3, 145 × 3, 155 × 1, 160 missed, 150 × 1, 160 missed

Clean & jerk 75-83%

Singles: 180, 190, 196 missed, 199 missed (jerk), 199

Front squat 74-78%

3 sets of 3 at 200, then 210 × 3

APRIL 2014

Camp, Athens

Four days on film. Monday and Friday heavy, Tuesday blocks, jerks and pulls, Wednesday lighter 3-2-1 waves. The snatch climbs in waves to 165 to 170, and clean, front squat and jerk complexes take over from the plain clean & jerk.

WEEK OF 14 TO 18 APRIL 2014

MON

TUE

WED

THU

FRI

SAT

SUN

Mon

2014-04-14

Snatch 74-88%

2 sets of 2 at 140, 150 × 2, 2 singles at 160, then a second climb: 150 × 4, 155 × 2, 160 × 2, 165 × 1

Clean & jerk 73-85%

175, 180, 185, doubles at 185 and 195, then 205

Back squat 85-96%

220 × 2, 230 × 1, 220 × 3, 230 × 2, 250 × 1

Tue

2014-04-15

Block snatch 69-88%

2 sets of 3 at 130, misses at 140 and 145, then misses until a 165 double

Jerk 67-71%

160 × 3, 170 × 2, 160 × 3, 170 × 2

Snatch deadlift 80-101%

150 × 3, 160 × 3, 170 × 2, 180 × 1, then 160 × 4, 170 × 2, 180 × 3, 190 × 2

Wed

2014-04-16

Snatch 69-74%

Waves of 3, 2, 1: 130 × 3, 135 × 2, 135 × 3, 140 × 2

Clean + front squat + jerk 67-69%

160, 165, 165, 165

Front squat 70-85%

2 sets of 2 at 190, 200 × 2, 220 × 2, 230 × 1

Fri

2014-04-18

Snatch 74-90%

Waves: 140 × 3, 150 × 2, 160 × 1 · 150 × 3, 160 × 2 (1 missed) · 140 × 5, 150 × 2, 160, 165, 170

Clean & jerk 77-90%

185 × 2, 195 missed (clean), then clean + front squat + jerk at 205 and 215

Clean deadlift 77-92%

185 × 2, 190 × 2, 210 × 2, 220 × 2

Much of the Athens footage shows teammates, not Ilyin. Read this week with that caveat.

MAY 2014

Almaty, the jump

Four days. Monday and Friday go heavy on the classic lifts; Tuesday and Wednesday are lighter, with jerks, pulls and squats. Loads step up sharply once training moves home: a 177 snatch and a 225 clean & jerk by Friday.

WEEK OF 19 TO 23 MAY 2014

MON

TUE

WED

THU

FRI

SAT

SUN

Mon

2014-05-19

Snatch 74-89%

140 × 2, 150 × 2, 160 × 2, 165 × 2, then 150 × 2, 155 × 2, 167 × 1

Clean + front squat + jerk 75-90%

180, 190, clean & jerk 200, then 185, 195, clean & jerk 205 and 215

Tue

2014-05-20

Snatch 72%

3 sets of 2 at 135, then 135 × 5

Jerk 71-96%

2 sets of 2 at 170, then singles at 190, 200, 210, 220, 230

Snatch deadlift 90%

5 sets of 3 at 170

Wed

2014-05-21

Snatch 74-90%

3 sets of 2 at 140, 150 × 2, 160 × 2, 170 × 1

Clean + 3 power jerks 75%

2 sets at 180

Front squat 81-85%

220 × 1, 230 × 1

Fri

BIG FRIDAY

2014-05-23

Snatch 80-94%

Three climbs in singles: 160, 165, 170, 177 missed · 160, 170, 177 · 150, 160, 165, 175, 177

Clean & jerk 79-94%

190, 200, 210, 220, 225

Front squat 85-93%

230, 240, 250

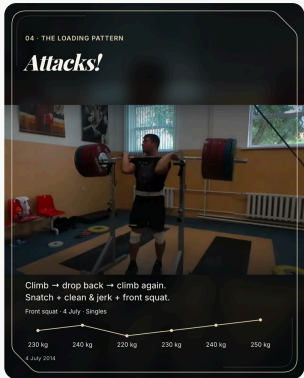
JUNE TO JULY 2014

Astana, sharpening

Four days, sometimes a third session in the day. Monday, Wednesday and Friday are the snatch and clean & jerk in waves of singles; Tuesday is the light day. Misses are part of the daily work.

WEEK OF 7 TO 11 JULY 2014

MON TUE WED THU FRI SAT SUN



Mon 2014-07-07

Snatch 80-96%

Four waves of singles: 150, 160, 165, 170, 175, 180 missed twice · 165, 170, 175, 180 missed twice · 170, 175, 180 · 170, 175, 180

Clean & jerk 81-92%

Two waves: 195, 205, 215 · 195, 210, 220

Front squat 81-100%

220, 240, 250, 260, 260, then 270 (missed once, then made)

Tue LIGHT 2014-07-08

Snatch 80%

5 sets of 2 at 150

Clean + power jerk 75%

5 singles at 180, then 180 × 2

Snatch deadlift 96-117%

4 sets of 3 at 180, then 200 × 3, 210 × 3, 220 × 3

Wed 2014-07-09

Snatch 74-90%

2 sets of 2 at 140, then waves: 150, 160, 170 · 160, 165, 170 · 150, 160, 165, 170, 175 missed, 180 missed twice

Clean & jerk 75-83%

180, 190, 200 · 190, 200

Front squat 78-85%

210, 220, then 4 sets of 2 at 230

Fri BIG FRIDAY

2014-07-11

Snatch 80-96%

160, 165 · 160, 170, 175, 175 missed, 180 missed twice · 150, 160, 165, 170, 175, 180, 185 missed 3 times

Clean & jerk 83-99%

200, 210, 220, 230, 237

On 4 June and 30 June a third session of the same day is on film.

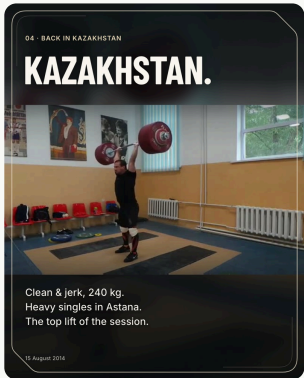
AUGUST 2014

Peak base

Three days on film: Monday, Wednesday, Friday. Waves of singles to 180 in the snatch and 230 in the clean & jerk, then the best lifts of the whole record on Friday.

WEEK OF 11 TO 15 AUGUST 2014

MON TUE WED THU FRI SAT SUN



Mon 2014-08-11

Snatch 85-96%

Waves: 160, 170, 175, 180 · 170, 175, 175, 180, 185 missed · 170, 175, 180, 185 missed

Clean & jerk 81-96%

Waves: 195, 205, 215 · 200, 210, 220 · 210, 220, 230

Front squat 81-96%

220, 230, 240 · 220, 240, 260

Wed 2014-08-13

Snatch 80-93%

150, 160, 170 · 160, 165, 170 · 165 missed, 170, 175

Clean + power jerk 75-83%

190, 200 · 180, 190, 200

Back squat 85-92%

220, 240 · 220, 240 · 220, 230, 240

Fri BIG FRIDAY

2014-08-15

Snatch 80-100%

150, 150, 160, 170, 175, 180, 185, 188 (made on the third try), 191 missed 3 times

Clean & jerk 81-100%

195, 205, 215, 225, 235, 240

Read off Ilyin's own training footage, December 2013 to August 2014. This is a record of what was filmed, not a document from Ilyin, his coach or the Kazakh federation, and no result or max has been invented to fill a gap.