

OLYMPIC WEIGHTLIFTING - August 2018

Week 3/4, Day 1	Week 3/4, Day 2	Week 3/4, Day 3
<p>tempo snatch pull + hang snatch 50/2, 60/1, 70/1</p> <p>snatch pull + 2 snatches 75/1, 80/1, 85/1, 90/1</p> <p>Tempo = 5-count</p>	<p>muscle snatch + 2 power snatch 3 sets to build to a heavy</p> <p>Not touch-and-go.</p>	<p>muscle clean + 2 hang cleans 3 sets to build to a heavy</p> <p>Not touch-and-go.</p>
<p>tempo clean pull + hang clean + jerk 50/2, 60/1, 70/1</p> <p>tempo clean pull + 2 cleans 75/1, 80/1, 85/1, 90/1</p> <p>Tempo = 5-count</p>	<p>tempo snatch pull + hang snatch 50/2, 60/1, 70/1</p> <p>snatch pull + 2 snatches 75/1, 80/1, 85/1, 90/1</p> <p>Tempo = 5-count</p>	<p>tempo clean pull + hang clean + jerk 50/2, 60/1, 70/1</p> <p>tempo clean pull + 2 clean 75/1, 80/1, 85/1, 90/1</p> <p>Tempo = 5-count</p>
<p>push press + jerk 55/1, 65/1, 75/1</p> <p>rack jerk 80/1, 85/1, 90/1, 95/1</p> <p>No misses</p>	<p>snatch pull 110+/5 (4)</p> <p>Go up if sets look smooth. Strap up if needed.</p>	<p>3 front squats + 1 jerk establish a max weight for the complex</p>
<p>100 toes-to-bar 100 v-ups</p>	<p>establish a 2RM back squat - in 10:00 or less</p>	<p>150 hip extensions 100 banded dislocates</p>

* Remember to ask for your individual accessories at the conclusion of your lifts!