

OLYMPIC WEIGHTLIFTING - September 2018

Welcome to the SEPTEMBER 2018 CYCLE!

— Be mindful of your current physical, mental, and emotional state. Percentages are not as important as the completion of work sets.

— WARMING UP:

- Get your lifting gear on as soon as you are ready for class- sleeves, wraps, tape, shoes, etc.
- *If early* work on your personal accessories or mobility needs. Feel free to work these in between your work sets.
- As a group we will *always* hit general movement patterns to prime the nervous system and muscle groups.
- **As a group** with empty bars the coach will lead a warmup. Alter the lift to align with what your day includes.
- Then we break and you'll begin your prescribed lifts and percentages.

— All competition equipment (Gun Rack barbells, colored competition bumpers, competition collars) can only be used by the official members of our [USA Weightlifting Club FOUNDATION BARBELL](#), or by owner's permission.

— Be honest and consistent with prescribed rests between sets (2:00 b/t top sets unless listed otherwise).

— Pairing up on a bar helps keep each other accountable to time, and is more fun!

— [The Weightlifting Technique Triad](#) is a great way to assess technique, a tool to diagnose issues and inefficiencies.

- 1.) *Trajectory of Barbell & Athlete*: Where do you send the bar and yourself at the finish of extension?
- 2.) *Relative Height of Barbell*: How high did you elevate the barbell in relation to your body?
- 3.) *Time to Fixation*: How quickly after the finish did you get to the owning the weight in a locked-out position?

— Stretching Sequence should be done in the Mobility Area. Follow the list on [the Orange Sheet](#).

Schedule:

1x/week athletes	2x/week athletes	3x/week athletes
do Day 1 (snatch and clean and/or jerk)	do Day 2 (snatch) and Day 3 (clean & jerk)	do Days 1, 2, and 3 (in order)

— Some of the best feedback can be from personal video. Record yourself when you can! Watch/review/compare!

— Great references for great lifters: [Hookgrip](#), [All Things Gym](#), [The IWF](#). They're also on instagram.

— [Watch some of our past events here](#).

— Share to social media with the hashtags **#FoundationBarbell** **#HYFRsquad** and **#WashingtonWeightlifting!**

— Follow us on [instagram](#) and [facebook!](#)

OLYMPIC WEIGHTLIFTING - September 2018

Week 1		
Day 1	Day 2	Day 3
snatch pull to Position 3 + snatch 50/3 60/2 70/1 65/2 75/1	snatch pull to Position 3 + snatch 50/3 60/2 70/1 65/2 75/1	clean pull to Position 3 + clean 50/3 60/2 70/1 65/2 75/1
clean pull to Position 3 + clean + jerk 50/3 60/2 70/1 65/2 75/1	snatch-grip press 60/5 65/5 70/5 (3)	jerk 50/3 60/2 70/1 65/2 75/1
front squat 60/6 65/6 70/2 (6)	front squat 70/2 75/2 80/3 (6)	back squat 60/2 65/2 70/2 (6)
5 rounds 10 pullups 10 dips 10 hip extensions banded shoulder 7's , slow & controlled abs: 100 reps athlete's choice	for 12 minutes: 12 kb press from split 12 alt kb single leg stiff leg deadlift 12 alt kb bicep curl low-back/glutes: 100 reps athlete's choice	40 offset good morning , switch halfway 40 bumper front raise 40 toes-to-bar abs: 150 reps athlete's choice

1x/week athletes	2x/week athletes	3x/week athletes
do Day 1 (snatch and clean and/or jerk)	do Day 2 (snatch) and Day 3 (clean & jerk)	do Days 1, 2, and 3 (in order)

FOUNDATION BARBELL

Waves