

OWL - Oct 2018

Welcome to the October 2018 CYCLE! We'll be focusing on getting under the bar faster (and tighter) while we develop more leg strength through the squat program we began in September's 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 ASAP and *if early* work on your personal accessories/mobility. 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. 5 minutes or less
- **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 work 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! Don't be greedy or the lone wolf.

— [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!

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

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

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

FOUNDATION BARBELL

Waves Pt 2

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Week 1		
Day 1	Day 2	Day 3
snatch pull to Pos 2 + hang snatch + snatch 55/2 65/2 60/2 70/2 (2)	snatch pull to Pos 2 + hang snatch + snatch 55/2 65/2 60/2 70/2 (2)	clean pull to Pos 2 + hang clean + clean 55/2 65/2 60/2 70/2 (2)
clean pull to Pos 2 + hang clean + clean 55/2 65/2 60/2 70/2 (2)	3-part pausing snatch pull 90/3 (5)	push jerk + power jerk + split jerk 50/2 60/2 70/2 (3)
front squat 60/2 70/2 75/2 (6)	front squat 75/3 85/3 95/3 (2)	back squat 75/3 85/3 95/2 (2)
5 rounds 10 ring dips 10 hip extensions banded shoulder 7's , slow & controlled abs: 150 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: 150 reps athlete's choice	40 offset good morning , switch halfway 40 bumper front raise 40 toes-to-bar abs: 150 reps athlete's choice

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