

OWL - Oct 2018

Week 2		
Day 1	Day 2	Day 3
2-part pausing* snatch 60/3 70/2 80/1 (2) 75/2 85/1 (2)	2-part pausing* snatch 60/3 70/2 80/1 (2) 75/2 85/1 (2)	2-part pausing* clean 60/3 70/2 80/1 (2) 75/2 85/1 (2)
2-part pausing* clean 60/3 70/2 80/1 (2) 75/2 85/1 (2)	high-hang Chinese pull 75/3-5 (3-5)	rack jerk 60/3 70/2 80/1 (2) 75/2 85/1 (2-4)
front squat 80/5 90/2 100/2	front squat 60/5 70/3 75/3 (3)	front squat 75/5 85/3 95/1 105+/1 (max out)
8x3 Pendlay row 5x5 weighted dips 5x35+ ab-mat situps Stretch	complete however: 35 GHR or single-leg hip ext 35 depth drop to power pos , 60% 1RM bj 35 Jefferson curls (:10), heavy Stretch	for 12 minutes: 6 weighted dislocates, slow & controlled 9 double kettlebell push press + hold & walk 12 knees-thru-elbows Stretch

*The 2-Part Pause = demonstrate a strong Position 1 for a moment, then a strong Position 2 for a moment, then complete the lift.

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 Pt 2: Strength & Squats