

OLYMPIC WEIGHTLIFTING - September 2018

Week 2		
Day 1	Day 2	Day 3
snatch pull to Position 3 + snatch 60/3 70/2 80/1 (2) 75/2 85/1 (2)	snatch pull to Position 3 + snatch 60/3 70/2 80/1 (2) 75/2 85/1 (2)	clean pull to Position 3 + clean 60/3 70/2 80/1 (2) 75/2 85/1 (2)
clean pull to Position 3 + clean 60/3 70/2 80/1 (2) 75/2 85/1 (2)	snatch-grip push press 65/5 (3)	jerk balance 60/3 70/2 65/3 75/2 80/1 (2)
front squat 70/2 75/2 80/4 (6)	back squat 75/2 80/2 85/2 (3)	front squat 70/2 75/2 80/5 (3)
4 rounds 12 pullups 12 dips 12 hip extensions low-back/glutes: 150 reps athlete's choice	for 14 minutes: 14 kb press from split 14 alt kb single leg stiff leg deadlift 14 alt kb bicep curl (go heavier than last week) abs: 200 reps athlete's choice	50 offset good morning , switch halfway 50 dumbbell delt raise 50 single-leg toes-to-bar low-back/glutes: 200 reps athlete's choice