

OLYMPIC WEIGHTLIFTING - September 2018

Week 3		
Day 1	Day 2	Day 3
snatch pull to Position 3 + snatch 60/3 70/2 80/2 85/1 90/1 85/1 90/1 95/1+	snatch pull to Position 3 + snatch 60/3 70/2 80/2 85/1 90/1 85/1 90/1 95/1+	clean pull to Position 3 + clean 60/3 70/2 80/2 85/1 90/1 85/1 90/1 95/1+
clean pull to Position 3 + clean 60/3 70/2 80/2 85/1 90/1 85/1 90/1 95/1+	snatch-grip push press 70/5 (3) OR snatch balance w/ pause 70/3 (3)	rack jerk 60/3 70/2 80/2 85/1 90/1 85/1 90/1 94/1 98/1 101+/1 (2)
front squat 60/3 65/3 70/3 (6)	front squat 70/6 75/6 80/3 (6)	back squat 60/3 65/3 70/3 (6)
3 rounds 10 pullups, as strict as possible 10 dips, as strict as possible abs: 250 reps athlete's choice	for 10 minutes: 10 barbell press from split 10 barbell curls, AHAP low-back/glutes: 250 reps athlete's choice	50 offset good morning , switch halfway 50 dumbbell delt raise 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)