

OLYMPIC WEIGHTLIFTING - September 2018

Week 4		
Day 1	Day 2	Day 3
snatch pull to Position 3 + snatch 50/3 60/2 then max percentage ladder	snatch pull to Position 3 + snatch 50/3 60/2 then max percentage ladder	clean pull to Position 3 + clean 50/3 60/2 then max percentage ladder
clean pull to Position 3 + clean & jerk 50/3 60/2 then max percentage ladder	OVERHEAD SQUAT max percentage ladder	JERK max percentage ladder
front squat 70/5 75/5 85/5 (3)	back squat 65/4 70/4 75/4 (3)	front squat 75/4 85/4 90/4 (3)
25 pullups 25 dips or 10 muscle-ups low-back/glutes: 150 reps athlete's choice	100 slam ball 150 banded good mornings abs: 100 reps athlete's choice	5 rounds: 20 bicep curls 20 overhead tricep extensions low-back/glutes: 100 reps athlete's choice

The max percentage ladder

50/3 - 60/2 - 70/2 - 80/1 - 85/1 - 90/1 - 94/1 - 98/1 - 101/1 ...

FOUNDATION BARBELL

Waves