

OLYMPIC WEIGHTLIFTING – NOVEMBER 2018

Welcome to the November Foundation Barbell Olympic Weightlifting cycle. Be mindful of your current physical, mental, and emotional state. Percentages are not as important as the completion of work sets. Please read the following and ask your coaches questions whenever they pop up! 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, allows some help loading and unloading the barbell, and is way more fun! Don't be greedy or the lone wolf. Get your lifting gear on as soon as possible and *if early* work on your personal accessories/mobility. Feel free to work these in between your work sets.

WARM UP EVERY DAMN TIME:

- As a group hit **GENERAL MOVEMENT PATTERNS** to prime the nervous system and muscle groups.
- As a group do **EMPTY BARBELL WARMUPS**: execute THACKER A then the TALL WARMUP. 3 reps per exercise.

THACKER A	TALL EMPTY BAR
Start with :10 in squatting quad, the overhead position, and the OHS bottom. <ul style="list-style-type: none">- squatting quad muscle snatch- squatting quad power snatch- squatting quad power snatch + squat- squatting quad (full) snatch Focus on driving upward by using the legs	<ul style="list-style-type: none">- shrugs up & back- snatch/clean high pull- tall muscle snatch/clean- tall power snatch/clean- tall power snatch/clean + squat- tall (full) snatch/clean Focus on getting under the barbell ASAP

All competition equipment (unmarked 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.

[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?

NOTES

- 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

The Finale: "BULGARIAN"

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Week 1: 10/22 through 10/26		
Day 1	Day 2	Day 3
snatch - 15:00 to find a heavy - allowed one miss - any more misses and you do not move up	snatch + overhead squat + snatch - 15:00 to find a heavy complex - allowed one miss - any more misses and you do not move up	snatch - 15:00 to find a heavy - allowed one miss - any more misses and you do not move up
clean + front squat + jerk - 15:00 to find a heavy complex - allowed one miss - any more misses and you do not move up	clean & jerk - 15:00 to find a heavy - allowed one miss - any more misses and you do not move up	clean & jerk - 15:00 to find a heavy - allowed one miss - any more misses and you do not move up
back squat - 12:00 to find a heavy single - then remove 5% and do 1x3 - remove another 5% and do 1x5	front squat - 12:00 to find a heavy single - then remove 5% and do 1x3 - remove another 5% and do 1x5	back squat - 12:00 to find a heavy - allowed one miss - any more misses and you do not move up
5x8 Pendlay row 5x8 db Romanian deadlift banded shoulder 7's , slow & controlled abs: 150 reps athlete's choice	60 empty bar bicep curls, as fast as possible 50 double kettlebell push press 40 wall ball, 30/20lbs 30 pullups low-back/glutes: 150 reps athlete's choice	AMRAP in 10:00 10 Bulgarian split squats (switch halfway) 10 Cuban presses abs: 150 reps athlete's choice

1x/week athletes	2x/week athletes	3x/week athletes
do Day 3 (snatch and clean and/or jerk)	do Day 1 (snatch) and Day 2 (clean & jerk)	do Days 1, 2, and 3 (in order)