

# OLYMPIC WEIGHTLIFTING - OCT 2018

Week 4: 10/15 through 10/19		
Day 1	Day 2	Day 3
<b>snatch pull to Position 3 + snatch</b> 70/2 80/1 then continue up the max percentage ladder	<b>snatch pull to Position 3 + snatch</b> 70/2 80/1 then continue up the max percentage ladder	<b>clean pull to Position 3 + clean</b> 70/2 80/1 then continue up the max percentage ladder
<b>clean pull to Position 3 + clean &amp; jerk</b> 70/2 80/1 then continue up the max percentage ladder	<b>overhead squat</b> max percentage ladder	<b>jerk</b> max percentage ladder
<b>thruster</b> 5x5, heavy	<a href="#"><u>Bulgarian split squat</u></a> 5x8/side, heavy	<b>good morning</b> 5x5, heavy
EMOM for 10 minutes: 1-3 muscle-ups OR 8-10 c2b pullups 100 hip extensions	5 rounds 8 ab rollouts 10 Cuban presses, Hyperlite + yellows or reds 12 banded good am, green or black band 100 as-strict-as-possible toes-to-bar	8 rounds: 20 pushups 20 barbell bicep curls 100 crunches 100 supermans

The max percentage ladder

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

FOUNDATION BARBELL

Waves Pt 2: Strength & Squats