

OLYMPIC WEIGHTLIFTING – NOVEMBER 2018

Week 3: 11/5 through 11/9		
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	2 hang snatches (+ 2 snatch balances) - 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 double - allowed one miss - any more misses and you do not move up
2 hang clean + 2 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 double - allowed one miss - any more misses and you do not move up
back squat - 12:00 to find a heavy double - then remove 7% and do 1x4 - remove another 7% and do 1x8	front squat - 12:00 to find a heavy double - then remove 7% and do 1x4 - remove another 7% and do 1x8	pause back squat - 12:00 to find a heavy - then remove 7% and do 1x4 - remove another 7% and do 1x8
AMRAP in 10:00 5 pullups, as strict as possible 10 dips 15 air squats abs: 150 reps athlete's choice	100 hip extensions 70 pushups 40 bent over barbell rows, heavy 1:00 handstand, accumulated low-back/glutes: 150 reps athlete's choice	4-5 rounds 10 burpees 10 Bulgarian split squats (switch halfway) 10 push press, 61/43kg 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)