

OLYMPIC WEIGHTLIFTING - NOVEMBER 2018

Week 4: 11/12 through 11/16		
Day 1	Day 2	Day 3
snatch 70/2 power snatch + hang snatch 80/1 snatch + snatch balance then continue up the max percentage ladder	power snatch 70/2 power snatch + hang power snatch 80/1 then continue up the max percentage ladder	snatch 70/2 power snatch + hang snatch 80/1 snatch + snatch balance then continue up the max percentage ladder
power clean + push/power jerk 70/2 power clean + 2 jerk 80/1 then continue up the max percentage ladder	clean & jerk 70/2 power clean + hang clean + 2 jerks 80/1 clean + 2 jerks then continue up the max percentage ladder	clean & jerk 70/2 power clean + hang clean + 2 jerks 80/1 clean + 2 jerks then continue up the max percentage ladder
30 pause goblet squats	<u>Bulgarian split squat</u> 5x8/side, heavy	good morning 5x5, heavy
abs / glutes (optional) stretch / mobilize	abs / glutes (optional) stretch / mobilize	abs / glutes (optional) stretch / mobilize

The max percentage ladder

60/3 - 70/2 - 78/1 - 85/1 - 90/1 - 94/1 - 98/1 - 101/1 ...

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

FOUNDATION BARBELL

The Finale: "BULGARIAN"