

May 2019

Olympic Weightlifting - Week 1

Day 1 of 1	Day 1 of 2	Day 2 of 2
3 position snatch: hang snatch from hip + hang snatch from knee + snatch 50/2, 60/2, 70/1 (3)	3 position snatch: hang snatch from hip + hang snatch from knee + snatch 50/2, 60/2, 70/1 (3)	3 position clean: hang clean from hip + hang clean from knee + clean 50/2, 60/2, 70/1 (4)
3 position clean: hang clean from hip + hang clean from knee + clean 50/2, 60/2, 70/1 (3)	good morning (based off of snatch max) 50/10 (3)	clean + front squat + 3 jerks 60/2, 65/1, 75/1 (4)
clean + 5 front squats 60/1, 70/1, 80/1 (5)	snatch push press 60/4 (6)	front squat 80/5 (5)
3 to 5 rounds of: :30 weighted plank, 25/20kg 20 kettlebell swings, heavy 15 (strict) high pull 10 snatch-grip push press	3 to 5 rounds of: :30 weighted plank, 25/20kg 20 kettlebell swings, heavy 15 (strict) high pull 10 snatch-grip push press	3x5 clean-grip sotts press 3x8 strict pullup 3x12 dumbbell lateral raise 3x15 hanging leg raise 3x:20 L-hang

Powerlifting - Week 1

Day 1 of 1	Day 1 of 2	Day 2 of 2
wide-stance back squat 75/7 (3)	wide-stance back squat 75/7 (3)	wide-grip bench press 75/7 (3)
wide-grip bench press 50/5, 65/5, 75/5, 85/5+	deadlift 50/5, 65/5, 75/5, 85/5+	strict press 50/5, 65/5, 75/5, 85/5+
double kb rack lunge 3x12 Cossack squats 6x10 db bench press 3x12 dips 6x10 weighted plank 3x max	double kb rack lunge 3x12 Cossack squats 6x10 db bench press 3x12 dips 6x10 weighted plank 3x max	4 rounds of: 20 v-ups 15 db bent-over row/side 10 burpees 5 strict c2b pullups

May 2019

Olympic Weightlifting - Week 2

Day 1 of 1	Day 1 of 2	Day 2 of 2
3 position snatch: hang snatch from hip + hang snatch from knee + snatch 45/2, 55/2, 65/1, 75/1 (4)	3 position snatch: hang snatch from hip + hang snatch from knee + snatch 45/2, 55/2, 65/1, 75/1 (4)	3 position clean: hang clean from hip + hang clean from knee + clean 45/2, 55/2, 65/1, 75/1 (4)
3 position clean: hang clean from hip + hang clean from knee + clean 45/2, 55/2, 65/1, 75/1 (4)	good morning (based off of snatch max) 60/8 (3)	clean + front squat + 3 jerks 60/2, 65/1, 75/1, 80/1 (3)
clean + 5 front squats 55/1, 65/1, 75/1, 85/1 (4)	snatch push press 65/4 (6)	front squat 85/5 (5)
3 to 5 rounds of: :30 weighted plank, 25/20kg 20 kettlebell swings, heavy 15 (strict) high pull 10 snatch-grip push press	3 to 5 rounds of: :30 weighted plank, 25/20kg 20 kettlebell swings, heavy 15 (strict) high pull 10 snatch-grip push press	3x5 clean-grip sotts press 3x8 strict pullup 3x12 dumbbell lateral raise 3x15 hanging leg raise 3x:20 L-hang

Powerlifting - Week 2

Day 1 of 1	Day 1 of 2	Day 2 of 2
wide-stance back squat 70/1 77.5/1 82.5/5 (3)	wide-stance back squat 70/1 77.5/1 82.5/5 (3)	wide-grip bench press 70/1 77.5/1 82.5/5 (3)
wide-grip bench press 50/5, 60/3, 70/2, 75/1, 80/1, 85/1, 90/AMRAP	deadlift 50/5, 60/3, 70/2, 75/1, 80/1, 85/1, 90/AMRAP	strict press 50/5, 60/3, 70/2, 75/1, 80/1, 85/1, 90/AMRAP
double kb rack lunge 3x12 Cossack squats 6x10 db bench press 3x12 dips 6x10 weighted plank 3x max	double kb rack lunge 3x12 Cossack squats 6x10 db bench press 3x12 dips 6x10 weighted plank 3x max	4 rounds of: 20 v-ups 15 db bent-over row/side 10 burpees 5 strict c2b pullups