

OLYMPIC WEIGHTLIFTING

Week 1/3, Day 1/2	Week 1/3, Day 2/2	Week 1/3, Day 1/1
<p>3-part pausing POWER SNATCH + 3-part pausing SNATCH 50/3, 60/2, 70/1 (5)</p> <p>Pause a two-count at just-off-the-floor, Position 2, and Position 3 before the lift. Rest :90 to 2:00 between top sets.</p>	<p>3-part pausing POWER CLEAN + 3-part pausing CLEAN 50/3, 60/2, 70/1 (5)</p> <p>Pause a two-count at just-off-the-floor, Position 2, and Position 3 before the lift. Rest :90 to 2:00 between top sets.</p>	<p>3-part pausing POWER SNATCH + 3-part pausing SNATCH 50/3, 60/2, 70/1 (5)</p> <p>Pause a two-count at Position 1, Position 2, and Position 3 before the lifts. Rest :90 to 2:00 between top sets.</p>
<p>OVERHEAD SQUAT 70/5 (5)</p> <p>Use 70% of your 1RM snatch. Try a slightly more narrow grip. Use a rack or the jerk blocks. Rest about 2:00 between sets.</p>	<p>PAUSE SPLIT JERK 55/2, 65/2, 75/2 (5)</p> <p>Dip and pause for a 3-count before finishing extension and completing your best version of the jerk, then pausing again after receiving the bar on straight arms. Use a rack or the jerk blocks.</p>	<p>3-part pausing POWER CLEAN + 3-part pausing CLEAN & JERK 50/3, 60/2, 70/1 (5)</p> <p>Pause a two-count at Position 1, Position 2, Position 3, and the receiving position and lockout of the jerk. Rest :90 to 2:00 between top sets.</p>
<p>SNATCH-GRIP DEADLIFT 70/3, 80/3, 90/3 (5)</p> <p>2:00 rests. Ensure a strong setup prior to pulling off of the ground. Keep your spine tight and lead with the chest, staying over the barbell until the moment before lockout.</p>	<p>FRONT SQUAT 70/5 (5)</p> <p>:90-2:00 rests between sets. Lift it completely off of the ground before trying to open the hip and shrug the shoulders. Return towards the ground, but do not touch the ground.</p>	<p>OVERHEAD or FRONT SQUAT 70/5 (5)</p> <p>Use 70% of your 1RM snatch. Try a slightly more narrow grip. Use a rack or the jerk blocks. Rest about 2:00 between sets.</p>
<p><i>Accessories</i></p> <ul style="list-style-type: none"> • assisted jumping single leg squat 4x10/side • ring row 4x15 • banded plank 4x1:00 • double ball mid/upper-back 4:00 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • kettlebell Jefferson curl 4x5+ • strict dips 4x10+ • double kettlebell swings 4x15+ • seated shoulder ext 4:00 accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • EMOM 6:00: 5 curls + 10 rows + 5 curls • 4-5x 10 hollow rocks, 10 v-ups, 10 tuck-ups, :10 hollow hold, 1:00 rest • middle/pancake splits 4:00 accumulated

Week of 7/29

AUGUST 2019

OLYMPIC WEIGHTLIFTING

Week 2/3, Day 1/2	Week 2/3, Day 2/2	Week 2/3, Day 1/1
<p>POWER SNATCH + 2 SNATCHES 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?</p>	<p>POWER CLEAN + 2 CLEAN & JERKS 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?</p>	<p>POWER SNATCH + 2 SNATCHES 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?</p>
<p>SNATCH PUSH PRESS 80/5 (5)</p> <p>:90 rests. Using a rack take the bar onto the back rack and setup a snatch grip. Dip and drive to learn a fast and aggressive lockout overhead.</p>	<p>PAUSE FRONT SQUAT 80/6 (5)</p> <p>2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>	<p>POWER CLEAN + 2 CLEAN & JERKS 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Do you catch your power snatch particularly high? Can you catch it lower? How does this affect your full snatch?</p>
<p>PAUSE BACK SQUAT 80/6 (5)</p> <p>2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>	<p>FLOATING CLEAN PULL 75/3, 90/3, 100/3 (5)</p> <p>:90 rests. Lift it completely off of the ground before trying to open the hip and shrug the shoulders. Return towards the ground, but do not touch the ground.</p>	<p>PAUSE BACK SQUAT 80/6 (5)</p> <p>2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>
<p><i>Accessories</i></p> <ul style="list-style-type: none"> • single leg hip ext 4x5/side <ul style="list-style-type: none"> • Stick with a normal hip ext if needed • Bulgarian split squat 4x8+/side • side plank lateral raise 4x12/side • seated shoulder ext 3:00 accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 4x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 4x10+ • kettlebell swings 4x15+ • foam roll T-spine/lats 5:00 accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 4x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 4x10+ • kettlebell swings 4x15+ • foam roll T-spine/lats 5:00 accumulated

Week of 7/8

AUGUST 2019

OLYMPIC WEIGHTLIFTING

Week 3/3, Day 1/2	Week 3/3, Day 2/2	Week 3/3, Day 1/1
<p>PAUSE SNATCH + SNATCH 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Pause for a 3-count in the bottom of the squat and again at the top. Do a regular rep after a breath.</p>	<p>PAUSE CLEAN + CLEAN & JERK 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Pause for a 3-count in the bottom of the squat and again at the top. Do a regular CJ after a breath.</p>	<p>PAUSE SNATCH + SNATCH 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Pause for a 3-count in the bottom of the squat and again at the top. Do a regular rep after.</p>
<p>SNATCH PUSH PRESS/JERK 85/3 (5)</p> <p>:90 rests. Using a rack take the bar onto the back rack and setup a snatch grip. Dip and drive to learn a fast and aggressive lockout overhead. Optional catch with legs.</p>	<p>PAUSE FRONT SQUAT 85/4 (5)</p> <p>2:00+ rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>	<p>PAUSE CLEAN + CLEAN & JERK 50/2, 60/2, 70/1, 80/1, 85/1, 80/1 (3)</p> <p>Rest :90 to 2:00 between top sets. Pause for a 3-count in the bottom of the squat and again at the top. Do a regular CJ after a breath.</p>
<p>PAUSE BACK SQUAT 85/4 (5)</p> <p>2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>	<p>FLOATING CLEAN PULL 75/3, 85/3, 95/3, 105/3 (3)</p> <p>:90 rests. Lift it completely off of the ground before trying to open the hip and shrug the shoulders. Return towards the ground, but do not touch the ground. Use straps.</p>	<p>PAUSE BACK SQUAT 85/4 (5)</p> <p>2:00 rests. Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Recover at the top as long as needed before repeating.</p>
<p><i>Accessories</i></p> <ul style="list-style-type: none"> • single leg hip ext 3x5/side <ul style="list-style-type: none"> • Stick with a normal hip ext if needed • Bulgarian split squat 3x8+/side • side plank lateral raise 3x12/side • seated shoulder ext 3:00 accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 3x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 3x10+ • kettlebell swings 3x15+ • foam roll T-spine/lats 5:00 accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 3x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 3x10+ • kettlebell swings 3x15+ • foam roll T-spine/lats 5:00 accumulated

Week of 7/15

Prove your stability with the pauses. Are you consistent with a double? There should be no rush to complete the second rep: take a full breath and take your time to set up the same as before. We test snatch and clean & jerk doubles next week. Be prepared!

AUGUST 2019

OLYMPIC WEIGHTLIFTING

TEST WEEK, Day 1/2	TEST WEEK, Day 2/2	TEST WEEK, Day 1/1
<p>SNATCH (DOUBLES) 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/2, 93/2, 96/2, 99/2, 101/2, etc</p> <p>Rest as needed between attempts. Take up to three chances at whatever you heavy is for the day.</p>	<p>CLEAN & JERK (DOUBLES) 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/2, 93/2, 96/2, 99/2, 101/2, etc</p> <p>Rest as needed between attempts. Take up to three chances at whatever you heavy is for the day.</p>	<p>SNATCH (DOUBLES) 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/2, 93/2, 96/2, 99/2, 101/2, etc</p> <p>Rest as needed between attempts. Take up to three chances at whatever you heavy is for the day.</p>
<p>SNATCH PUSH PRESS/JERK 85/3 (5)</p> <p>:90 rests. Using a rack take the bar onto the back rack and setup a snatch grip. Dip and drive to learn a fast and aggressive lockout overhead. Optional catch with legs.</p>	<p>PAUSE FRONT SQUAT 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/1, 93/1, 96/1, 99/1, 101/1, etc</p> <p>Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can.</p>	<p>CLEAN & JERK (DOUBLES) 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/2, 93/2, 96/2, 99/2, 101/2, etc</p> <p>Rest as needed between attempts. Take up to three chances at whatever you heavy is for the day.</p>
<p>PAUSE BACK SQUAT 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/1, 93/1, 96/1, 99/1, 101/1, etc</p> <p>Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Use spotters if you need to. Make sure you are tight before starting.</p>	<p>CLEAN PULL 2x50/2, 2x60/2, 70/2, 80/1, 85/1, 90/1, 94/1, 98/1, 102/1, 105/1, etc</p> <p>Feel free to use straps. Start on the ground and get to Position 3. This is not a deadlift-bar must go through the same bar path it would in a clean and ready to be launched.</p>	<p>PAUSE BACK/FRONT SQUAT 2x50/2, 2x60/2, 70/2, 80/2, 85/2, 90/1, 93/1, 96/1, 99/1, 101/1, etc</p> <p>Pause for a full THREE-COUNT in the bottom of the hole. Stay tight and explode out as quickly as you can. Use spotters if you need to. Make sure you are tight before starting.</p>
<p><i>Accessories</i></p> <ul style="list-style-type: none"> • single leg hip ext 3x5/side <ul style="list-style-type: none"> • Stick with a normal hip ext if needed • Bulgarian split squat 3x8+/side • side plank lateral raise 3x12/side • seated shoulder ext 3:00 accumulated • Samson stretch 2:00/side accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 3x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 3x10+ • kettlebell swings 3x15+ • foam roll T-spine/lats 5:00 accumulated • Samson stretch 2:00/side accumulated 	<p><i>Accessories</i></p> <ul style="list-style-type: none"> • GHD (assisted) raise 3x5+ <ul style="list-style-type: none"> • Keep your hips open the entire time. • hinge row 3x10+ • kettlebell swings 3x15+ • foam roll T-spine/lats 5:00 accumulated • Samson stretch 2:00/side accumulated

Week of 7/22

AUGUST 2019