

OLYMPIC WEIGHTLIFTING

Week 1/3, Day 1/2	Week 1/3, Day 2/2	Week 1/3, Day 1/1
<p>slow SNATCH pull + slow-pull POWER SNATCH + slow-pull SNATCH 50/3, 60/2, 70/1, 77/1 (4)</p> <p>Slow pulls for each of the three lifts should take at least :05 to Position 3. Rest :90 to 2:00 between top sets. Focus on staying over bar.</p>	<p>slow CLEAN pull + slow-pull POWER CLEAN + slow-pull CLEAN 50/3, 60/2, 70/1, 77/1 (4)</p> <p>Slow pulls for each of the three lifts should take at least :05 to Position 3. Rest :90 to 2:00 between top sets. Focus on staying over bar.</p>	<p>slow SNATCH pull + slow-pull POWER SNATCH + slow-pull SNATCH 50/3, 60/2, 70/1, 77/1 (4)</p> <p>Slow pulls for each of the three lifts should take at least :05 to Position 3. Rest :90 to 2:00 between top sets. Focus on staying over bar.</p>
<p>OVERHEAD SQUAT 50/3, 65/3, 75/3, 85/4 (5)</p> <p>Use about 85% 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, 80/2 (4)</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>slow CLEAN pull + slow-pull POWER CLEAN + slow-pull CLEAN 50/3, 60/2, 70/1, 77/1 (4)</p> <p>Slow pulls for each of the three lifts should take at least :05 to Position 3. Rest :90 to 2:00 between top sets. Focus on staying over bar.</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 50/3, 65/3, 75/3, 85/4 (5)</p> <p>Use about 85% of your 1RM clean. Use an open-hand rack position with your grip wider than normal to build a more comfortable position with bar truly on deltoids. Rest about 2:00 between sets.</p>	<p>OVERHEAD SQUAT 50/3, 65/3, 75/3, 85/4 (5)</p> <p>Use about 85% 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 8/5

AUGUST 2019