

# OLYMPIC WEIGHTLIFTING

Week 3/3, Day 1/2	Week 3/3, Day 2/2	Week 3/3, Day 1/1
<p><b>slow-pull POWER SNATCH + slow-pull SNATCH</b> 50/3, 60/2, 70/1, 80/1, 85/1 (3)</p> <p>Slow pulls are :05 to <i>at least</i> Position 2. Rest :90 to 2:00 between top sets. Focus on staying over bar and being aggressive when finally allowed to.</p>	<p><b>slow-pull POWER CLEAN + slow-pull CLEAN</b> 50/3, 60/2, 70/1, 80/1, 85/1 (3)</p> <p>Slow pulls are :05 to <i>at least</i> Position 2. Rest :90 to 2:00 between top sets. Focus on staying over bar and being aggressive when finally allowed to.</p>	<p><b>slow-pull POWER SNATCH + slow-pull SNATCH</b> 50/3, 60/2, 70/1, 80/1, 85/1 (3)</p> <p>Slow pulls are :05 to <i>at least</i> Position 2. Rest :90 to 2:00 between top sets. Focus on staying over bar and being aggressive when finally allowed to.</p>
<p><b>OVERHEAD SQUAT</b> 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><b>PAUSE SPLIT JERK</b> 55/2, 65/2, 75/2, 80/2, 85/1 (3)</p> <p>Complete your best version of the jerk, then pause <i>at receiving the bar</i> on straight arms. Use a rack or the jerk blocks.</p>	<p><b>slow-pull POWER CLEAN + slow-pull CLEAN</b> 50/3, 60/2, 70/1, 80/1, 85/1 (3)</p> <p>Slow pulls are :05 to <i>at least</i> Position 2. Rest :90 to 2:00 between top sets. Focus on staying over bar and being aggressive when finally allowed to.</p>
<p><b>SNATCH-GRIP DEADLIFT</b> 70/3, 80/3, 90/3, 100/3 (4)</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><b>FRONT SQUAT</b> 50/3, 65/3, 75/3, 85/3, 90/3 (4)</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><b>OVERHEAD or FRONT SQUAT</b> 50/3, 65/3, 75/3, 85/3, 90+/3 (4)</p> <p>Use about 90%+ of your 1RM snatch. Try a slightly more narrow grip. Use a rack or the jerk blocks. Rest about 2:00 between sets. Increase above 90 if stable and confident.</p>
<p><i>Accessories</i></p> <ul style="list-style-type: none"> <li>• assisted jumping single leg squat 3x10/side</li> <li>• pause ring row 3x15</li> <li>• <a href="#">banded plank</a> 3x1:30</li> <li>• double ball mid/upper-back 4:00</li> </ul>	<p><i>Accessories</i></p> <ul style="list-style-type: none"> <li>• kettlebell Jefferson curl 3x5+</li> <li>• strict dips 3x max</li> <li>• double kettlebell swings 3x20+</li> <li>• <a href="#">seated shoulder ext</a> 4:00 accumulated</li> </ul>	<p><i>Accessories</i></p> <ul style="list-style-type: none"> <li>• EMOM 6:00: 6 curls + 12 rows + 6 curls</li> <li>• 10 hollow rocks + 10 v-ups + 10 tuck-ups + :10 hollow hold. 1:00 rest. Repeat 4x</li> <li>• <a href="#">middle/pancake splits</a> 4:00 accumulated</li> </ul>

Week of 8/12

## AUGUST 2019