

Training Program

Week 1			Week 2			Week 3		
Day 1			Day 1			Day 1		
Power Snatch	LV3	65%	Power Snatch	LV3	70%	Power Snatch	LV3	75%
Good Mornings	LV5	50%	Good Mornings	LV5	55%	Good Mornings	LV5	60%
Clean Pull from Block	LV5	100%	Clean Pull from Block	LV5	105%	Clean Pull from Block	LV5	110%
Push Press	LV3	50%	Push Press	LV3	55%	Push Press	LV3	55%
Back Squat	LV5	80%	Back Squat	LV5	85%	Back Squat	LV5	85% push 5s
Short Abdominal Curl	3x10		Front Plank	3x	1 min	Weighted Plank	3x10	5kg plate
Day 2			Day 2			Day 2		
Overhead Squat	NV3	70%	Overhead Squat	NV3	75%	Overhead Squat	NV3	80%
Clean	NV3	70%	Clean	NV3	75%	Clean	NV3	75% push 2s
Jerk from Racks	NV3	70%	Jerk from Racks	NV3	70%	Jerk from Racks	NV3	75%
Front Squat	LV3	80%	Front Squat	LV3	85%	Front Squat	LV3	85%
Seated Press	LV5	30%	Seated Press	LV5	35%	Seated Press	LV5	35% push 5s
Long Abdominal Curl	3x10		Russian Twists	3x20	10 bumps each side	Side Plank	4x	2 x 30 sec ea. side
Day 3			Day 3			Day 3		
Snatch Balance	NV3	70%	Snatch Balance	NV3	75%	Snatch Balance	NV3	75% push 3s
Power Clean and Jerk	NV3	70%	Power Clean and Jerk	NV3	70% push 3s	Power Clean and Jerk	NV3	75%
Clean Pull	LV5	100%	Clean Pull	LV5	105%	Clean Pull	LV5	105%
Back Squat	LV3	90%	Back Squat	LV3	95%	Back Squat	LV3	95% push 3s
Press	LV5	35%	Press	LV5	35%	Press	LV5	35% push 5s
Leg Raise	3x10		Seated Crunch	3x10	3kg med. ball	Medicine Ball Pass	3x8	3kg med ball
Day 4			Day 4			Day 4		
Snatch from Knee	NV3	70%	Snatch from Knee	NV3	70% push 3s	Snatch from Knee	NV3	75%
Power Clean	LV3	70%	Power Clean	LV3	70% push 3s	Power Clean	LV3	75%
Split Squat	SV3	50%	Split Squat	SV3	60%	Split Squat	SV3	60%
Power Jerk	SV3	65%	Power Jerk	NV3	70%	Power Jerk	NV3	75%
Half Front Squat	NV3	90%	Half Front Squat	NV3	90% push 3s	Half Front Squat	NV3	90%
Ankle Taps	3x20	10 ea.side	Weighted Sit Up	3x10	5kg plate	Roll Out on Knees	3x10	