

# MASH

## EVOLUTION



Travis Mash

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If you're thinking about using these programs, please be smart. Don't participate in strenuous exercise unless cleared by a competent medical professional. Heavy weights can be dangerous, so only perform these exercises if you can do so safely. If you follow any of these programs or perform any of these exercises, you do so at your own risk.

## A NOTE ON EQUIPMENT

I'm a fan of the raw barbell movements. With a rack, a barbell, and some plates, you have the most versatile and powerful piece of fitness equipment on the planet.

But I still love to use other implements like dumbbells, kettlebells, bands, chains, belt squat machines, reverse hypers, med balls, boxes, blocks, sleds, prowlers, and some specialty bars. I realize that many athletes may not have access to all of the suggested equipment - and that's fine! The program will still work beautifully if you can get close.

Feel free to swap out anything you think makes sense. Dumbbells can be used instead of kettlebells. A normal barbell can be used instead of a specialty bar. Rather than a box squat, it's not a big deal to just perform a normal back squat. The program will still produce some amazing results.

If you have any specific questions about equipment needs, feel free to reach out to us at [support@mashelite.com](mailto:support@mashelite.com).



# A LIVING CREATION

It has been two years since the release of the Mash System. So much has changed since 2017 that it seemed only fitting that we write another book. We are going to talk about our system at Mash Elite Performance, the changes we have made, and why we have made those changes. Then I am going to show all of you how I apply our system to the different disciplines.

My goal is to teach all of you the different methods we use, and more importantly how we combine these methods in our system. Like most great systems, ours is a living creation that is subject to change. I don't think I will ever have a system I believe to be perfect. Personally I shy away from anyone who claims to have created the perfect, unchanging system. Once an approach stops evolving, that's a sign that the creator is done learning - and that's never a good thing.

There are simply too many sources available to believe you have created the perfect system. So where does a system come from - or where should it come from? This is an important question to answer, so you can start to form your own system that hopefully becomes better than my own. That's the real goal for any coach - to pass on information that will make the strength and conditioning world a bit better than we found it. At least that is my mission in this life, and hopefully it will be your mission as well.

A system should come from the following sources:

- Past or current systems with proven results
- Mentors and coaches with proven results
- Scientific literature
- One's own experiences both as an athlete and coach

It's easy to look around and see the systems that have impacted the strength world the most. You are a fool not to acknowledge the impact that Westside Barbell has had on the entire world of strength and conditioning. There is no doubt Louie Simmons has impacted all of us in one-way or another. You might not agree with him on a lot of topics, but that doesn't change the fact he has forever altered the course of strength.

I think it is funny when I hear a coach criticizing Louie - only to look at the coach's videos to see him using chains, performing reverse hypers, box squatting, performing glute ham raises, or pushing a sled of some kind. I am not saying Louie invented all of these things, but he 100% made them famous and passed them to more people than anyone else. That part is undeniable.

Louie doesn't need me sticking up for him, but I feel compelled to set the record straight. Let me be clear, I don't use all of his methods - not even close. I definitely don't use them like he would recommend. But like the other systems I have been inspired by, I have taken his information, understood it, and made it my own. That's exactly what he wants you to do. At least that is what he told me. He doesn't want someone regurgitating the exact some information he has been spewing all of these years.

## NEVER ENDING

I am definitely not a Westside pupil. I just use some of their methods. I also use other systems like the Pendlay System, Bulgarian System, Tier System, Chinese System (what we know about it), Russian System, Poliquin System, and the Charlie Francis System. These are just a few, but I wanted to be clear that one's search for knowledge must never end. We must never be satisfied even if we are the top coaches in the world. The one advantage someone has when they are on top is that they are on top. If they get complacent, there will be someone in the wings waiting to take their place.

I see this happen each and every year. In the weightlifting world, you will see a coach with a couple of athletes doing really well - and the coach will think he has the world figured out. The next thing you know some other coach comes along with a couple of other athletes and bumps them right off the podium. Complacency is certain death for greatness.

The advantage I have always had is that I make friends quite easily. It just so happens that my friends are often amazing coaches. Coach Joe Kenn, Head Strength and Conditioning Coach for the Carolina Panthers and creator of the Tier System, has been my friend and mentor since 2002. His ability to structure workouts for athletes in sports like football, basketball, and baseball is second to none. I am so blessed to have him frequent my establishment. I don't think I have ever hung out with him without learning something new.

The smartest thing I ever did was agreeing to be a part of the "Stronger Experts" platform created by Philippe Tremblay. I am there with amazing coaches, such as Dr. Mike T Nelson, Christian

Thibaudeau, Dr. Quinn Henoch, Justin Kavanaugh, Dr. Pat Davidson, Dr. Zach Long, Cal Dietz, Dr. Mike Israetel, Greg Nuckols, and (you guessed it) Louie Simmons. I joined this platform for one reason and one reason only - to gain access to the finest brains in the industry. Guys, if you truly want to be the best coach or athlete, you can't always make decisions based on the financial purse. I have an unquenchable thirst for knowledge. That's what drives me, and that's why my athletes get better and better every single year.

Diving into massive amounts of scientific literature can be very time consuming. Most of us are coaches, and coaching is what takes up our time. It's hard to make time to go on PubMed and comb through all the literature on the bilateral deficit. However, there are a couple of people that I follow who do the hard work for you: Greg Nuckols and Chris Beardsley. These two guys take all the research on different topics like squatting depth as it relates to hypertrophy or training frequency as it relates to gender, and they create a meta-analysis of all the results.

I am not one who has to have research on everything I use, but I sure let the data guide me. I also let the data confirm that my practices are safe and effective. Look, I know that coaches want to coach. Follow these guys, read their articles, and let them do the boring work of combining all the data. These two are a great resource, and I suggest all of you give them a follow.

Books and clinics from other systems, learning from amazing coaches, and scientific literature are all great ways of gathering data to help guide your system. But nothing on earth will ever trump your time under the bar and your experience coaching. I have more data than any researcher could ever dream of - gathering from 24

years of coaching and 35 years under the barbell. I have tried just about everything under the sun.

Some things have worked, and some have absolutely bombed. Some methods work well for some but absolutely crush others. Our job as coaches is to track that data and try to pick out common occurrences. For example: a program with low volume, high frequency, and high intensity is great for guys with massive amounts of absolute strength between the ages of 17 and 22. However, that same method normally crushes the joints of similarly aged athletes who have more traditional amounts of absolute strength. I have data on this topic and so many more - and that either comes with experience or reading someone else's work. However, I promise no amount of studying will take the place of experience.

My time under the bar taught me valuable lessons I get to pass on to my athletes. For instance, I learned the goodmorning is an amazing accessory lift for squats, pulls, Olympic lifts, and contact/ combat sports. But there is a major biological tipping point that once crossed could easily ruin an athlete's career. My time taught me conditioning is important for all strength athletes - and athletes in general. The athlete with the best conditioning will be able to safely handle more volume than their genetic equal, yielding a better result over time. All of this information is great for passing on to my athletes, but there is something much more important.

## **REAL LESSONS**

I have learned hard life lessons both as an athlete and a coach that I can pass on to my young men and women. Hopefully their lives will be better because of it. This is the real information that I



want to pass on. Yeah, I love it when someone says I am the Louie Simmons of Olympic Weightlifting. There is no greater compliment in my book. However, I don't want to be exactly like Louie. As a matter of fact, I want to be quite a bit different in the way that I treat my athletes and in the morals I keep while coaching my kids.

I want to win as much or more than any coach most of you have ever met. It's a part of who I am. I love winning, and it's a big part of what drives me. When my athletes win medals at World Championships and Pan American Championships, my heart pounds with pride in my athletes. I feel like I am helping them reach their goals and dreams. I get to talk world records with Morgan McCullough and Ryan Grimsland. Tommy Bohanon darn near made the Pro Bowl last year and the year before while playing for the Jacksonville Jaguars. Cade Carney rushed for 1,010 yards for Wake Forest University last year, making him one of just a handful to ever rush for over 1,000 yards in a single season at Wake.

Man, this stuff is great. I love it when Jenny Dodd drops homeruns playing softball at Appalachian State University. However, I love it more when my athletes go on to experience a loving relationship and healthy marriage. My entire being lights up when I see pictures of my athletes holding their children. I know I am on the right track when my former athlete Hayden Bowe starts Hybrid Performance Method and absolutely crushes the Internet.

One of my athletes, Chuck Henderson (who actually started The Barbell Life podcast with me), graduated from the Citadel. I got to watch him get married at the Citadel, and I actually felt like a proud parent. This young man came to Mash Elite unsure of his future and battered with PTSD. Now he is taking on the world and crushing it. This is what it's all about, y'all. If it's not, then you are in

the wrong business. I don't want my athletes to live empty lives with their happiness 100% relying on their day-to-day wins and losses. That's no way to live. Trust me, I lived it.

My job is to teach them how to win, how to win humbly, and how to build a successful life they can enjoy for years to come. There is nothing sadder than watching an athlete past his or her prime still trying to compete because they have nothing else in life. There is no wonder that the suicide rate is so high among athletes. We put our entire identity into our sport - so when it's over, we don't even know who we are. As coaches we need to be a part of this process. The time for coaching selfish athletes needs to be over.

So now you know where the information comes from, and you know how to go about gathering that information. That's just the first part of the equation. The beauty is how you piece all the information together. That's the art of coaching. This is the part where we take all of this information we have spent our lives gathering, and we turn that information into our own system.

I encourage all of you to create your own system. Sure, I want you to take a look at my work, and I want you to use it on your athletes or yourself. But at the end of the day, I hope all of you improve upon this work. I want my life's work to continue to live on and on throughout the generations. This industry has been so good to me, and I owe it to the strength world to pass on all of this knowledge. Now you have the same debt as well.



# METHODS TO THE MADNESS

How does one develop their system? Every coach in the world is a product of the different systems he or she was a part of, their mentors, the amount of science they have consumed, and their experiences. The way they take that data and place it into a successful system is what makes it their system. It's art - and like most great art it's ever changing.

## INSPIRATION

My beautiful wife, Emily Drew Mash, is a successful artist. I fell in love watching her create amazing pieces of art. Her abilities are so foreign to me. I can only dream of having the ability to create images like she produces. Her pieces of art are much like my system. She will do a series that begins with a particular image on a plate. Each time she produces another print of that image, the canvas will change with added detail. She will take images out of her art storage drawers from several years in the past and begin adding more detail to the image due to recent inspirations.

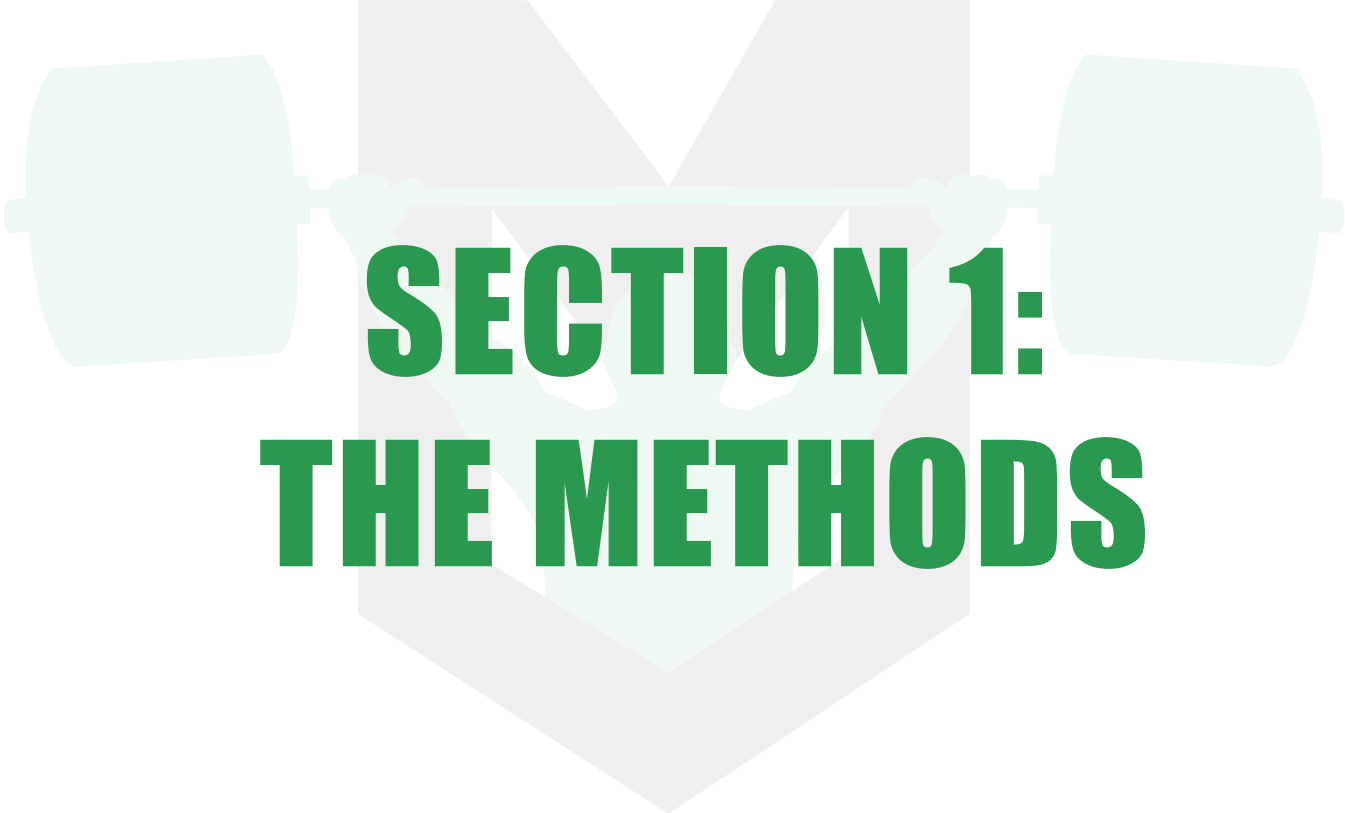
Creating a strength and conditioning system is no different. I have no doubt that two years from now my program will look different from how it does now. I will learn new information from science. I will meet new people who teach me new and exciting methods - much like Pyrros Dimas has taught me lately. I will have

new experiences with my athletes and with my own training. If something makes sense, it will get added to my system. If I find out a certain method doesn't work or that something else is better, that method will get subtracted from my system.

This is the same task all of you will have with your programming. It can never be finalized. Every time someone tells me they have a system they use every single year for every single cycle, I know they are either lazy or just not smart. I am sorry, but that's truth. I think the reason so many athletes in weightlifting have been plateaued for one to two years is because they are doing the same thing over and over. Guys, the law of accommodation will eventually get you if you do the same thing year after year. Your body will get used to things, and it will have no reason to adapt and get stronger.

Some of these methods are the same methods we have used for years, but we might not use the method in the exact same way. Therefore, we are going to talk about each of those original methods and explain how we are using those methods today. There are a few methods we use now that we weren't using much two years ago, so we are going to talk about those first.

Throughout the book I am going to do my best to show you how each method is used differently in multiple strength disciplines. My goal is for this book to help equip coaches so you can go out there and create your own monsters. If you are an athlete, I want you to be able to go out there and write a program that will lead you to your dreams. I want to make a positive impact on all of you... so let's get started.



# **SECTION 1: THE METHODS**

# ATHELETE BUY-IN

This is definitely not a “method” most exercise scientists would mention in a book about programming, but this book is about creating an all-encompassing program that develops incredible athletes.

There’s a truth all of you need to hear. It’s a truth that some of you have never heard. It’s a truth a lot of you have been told, but you refused to listen. Here’s the truth:

If you don’t get the buy-in of your athletes, it won’t matter how good the rest of your program is.

That’s why we are talking about getting buy-in first - because it is absolutely necessary. I loved Brett Bartholomew’s book “Conscious Coaching,” and I definitely recommend it to all of you. You can get it on Audible and listen to it everyday on the way to work. That’s how I listen to a lot of books nowadays. I am not going to try and regurgitate Brett’s book, but I am going to give you a few tips on getting buy-in with your athletes. Here are a few ideas that have worked for me:

- Get them young when possible
- Spend time with each of them away from the group
- Listen to them and seek to understand each individual
- Encourage questions
- Set concrete expectations up front, along with consequences
- Never talk about an athlete with another athlete
- Use challenging moments to build trust
- Always be honest even when it’s the hard thing to do

I am the best person to talk to when it comes to getting athletes young versus getting transplants at later ages. When you get an athlete at age 10 or 11 like I have had multiple times, that athlete has no preconceived notions of how they think things should be. You can take your time teaching them perfect movement patterns. You can introduce one method at a time, and you can take the time to explain each method. The athlete will grow up understanding your program, and people always trust in something they understand.

When an athlete moves to you from another system and coach, they are used to certain programs, techniques, and cultures. It's not impossible to get buy-in, but it just takes more time. You will need to encourage questions, and take the time to answer each one thoroughly. You will need to take the time to apply each and every item on the aforementioned list. I encourage you to look at each athlete you have the pleasure to coach as a chance to make the world a better place by improving one individual at a time - not only as an athlete but also as a person. Too many coaches forget our job is much more than just making someone a great athlete. We have a chance to positively affect each individual as a future husband/wife, father/mother, friend, and all-around member of society. For some we might very well be the only positive influence in their life, so don't mess it up.

## **SPEND TIME WITH EACH OF THEM AWAY FROM THE GROUP**

This just comes down to organization and a weekly plan. I recommend a quick five-minute private meeting with each of your athletes every week, and then maybe longer visits once per month.

You will be surprised how different each athlete acts away from the pack. They will share their real thoughts and fears, which opens up dialogue that will solidify that coach-athlete relationship. You can walk them down paths that will lead them to their dreams and away from their fears. However, if you don't take the time to talk with them individually, you will never get to the core of what they really want or what they're really about. Athletes will never show their hand in a group. They will put on their tough face or be the clown to take attention away from their struggles.

It is also during these times that miscommunication and grievances can be handled before they turn into something that is irreparable. I have found this out the hard way too many times. It's just too easy to come in the gym, coach your athletes, and go home like everything is perfect. However, no gym in the world is ever "perfect" for very long. Athletes make each other mad. Sometimes as a coach we say something we thought would be encouraging but the athlete takes as an insult.

## **LISTEN TO THEM AND SEEK TO UNDERSTAND EACH INDIVIDUAL**

I'm not going into archetypes because Brett Bartholomew already did that so well in his amazing book. But know this: if you don't listen - I mean really listen - to your athletes, you will never understand them. You especially won't discover their archetype. Our job as a coach is to ask a question, button our lips, and listen. Believe it or not, a coach has to listen with his eyes as well as his ears. Some athletes aren't big talkers. When you have one of the silent types, you have to be aware of their facial expressions and body language. When an athlete is being loud and boastful, take



notice of how the other athletes are responding with their body language and facial expressions. When an athlete is being negative, once again take note of the body language coming from your other athletes. Sometimes this is the only way to extrapolate information.

I want to make one more point about listening to your athletes before I move on. When my athlete asks me about doing a certain exercise, rep scheme, frequency, or whatever, I listen. If their suggestion isn't obviously detrimental to their progress, I will normally add their suggestion to the program. Here's why: if he or she believes that it will work, it probably will. Why in the world wouldn't I take that into consideration?

Over time, if you listen and make note of each athlete's body language during specific happenings, you will eventually understand each of your athletes as individuals. You will understand what pumps them up. You will understand who and what upsets them. More importantly you will start to understand the "why" - and then you can really start relating your athletes.

## **ENCOURAGE QUESTIONS**

If you want to build trust, hence earning buy-in, you have got to be fine with questions. There is no way around it. If you're not open to questions, you really have to ask yourself why. If you can't answer a question, stop what you're doing and go get those answers. None of us should be putting our athletes through anything we can't outright explain in a concise and simple way.

Man, this is my number one way of building trust. My athletes ask me a question - and that's my chance to help them understand

the process scientifically. Plus this is how your life's work is passed on. I hope to teach Morgan or Matt my craft, and then they can improve upon it and continue the process. I mean, do any of us want our life's work to die with us? If that's the case, what have you really accomplished? Not much in my book!

I can explain every exercise, every set, every rep, every tempo, every deload, every off day, every two-a-day, and everything in between. Nothing makes me happier than one of my athletes asking me a question. Plus it shows me they are taking ownership of their training. That's the athlete every coach wants.

## **EXPECTATIONS AND CONSEQUENCES**

This is the area I have failed at until now. I have wanted my athletes to read my mind. I have expected them to just know things that have taken me a lifetime to understand. I haven't held them to any standard other than their performance on the platform, and this has led to a decline in culture. Now we have changed that, and we have implemented a value system.

Also we allowed our athletes to have their own input on the values they believe the team needs to uphold. This is a great way to guarantee they take ownership. I have to give credit to Spencer Arnold for this strategy. The key isn't simply implementing a value system with consequences. The key is sticking to it no matter what. Any coach is a liar if they tell you it's easy to throw a world team member off of the team. That's the hardest thing in the world... but sometimes it is necessary. Sometimes the world team member is holding back the Olympian from ever rising to the top.

## **NEVER TALK ABOUT AN ATHLETE WITH ANOTHER ATHLETE**

It's funny that I am writing this book now. I have learned so many of these lessons in the last six months. Here's the thing: sports are emotional. If you don't believe me, go to your local sports bar on any given Saturday during football season and watch the people react to their favorite team. Weightlifting is no different. I want my athletes to succeed with every ounce of my being. They have trusted me to help them reach their goals, and that's what I intend on doing. Anyone who knows me will tell you I am a passionate person. I wear my heart on my sleeve, and that's who I am. Sometimes when I am either super happy or super mad, that emotion spills out of my mouth. That has gotten me into trouble numerous times in my life.

For the last several months I have implemented a policy for myself to never discuss an athlete with another athlete - good or bad. Even if you are saying good things about one athlete, it might be mistakenly perceived as bad. You might also make one athlete made because they think you're favoring the other athlete. The bottom line is don't talk about an athlete with another athlete... ever.

## **USE CHALLENGING MOMENTS TO BUILD TRUST**

I am going to suggest all of you take everything from here on to heart because this portion is gold. Bad things are going to happen. That's life. Athletes get into trouble, get hurt, need money, and/or bomb out. Things are going to happen, y'all. But how you handle those moments is what separates you from other coaches. I enjoy

those moments because I can show my athletes how much they mean to me. I can show them they are more than gold medals and world records.

You can't always help your athletes through every single issue they have. As long as they see you trying to help in an earnest and caring way, trust will be built. That doesn't mean that trust will counter every mistake you might make in the future, but it sure goes a long way with building that bond. Just remember one thing: trust will need to be maintained and nurtured each and every day you are with them. This will be an ongoing process, and this process should be perfected as much as your programming and technique skills.

## **ALWAYS BE HONEST**

This is a tough one. Naturally I am a person who wants to make others happy. I like to see people smiling and having a good time. But there is something I will never do regardless of the outcome. I will never lie to an athlete about their abilities. I will not tell someone they can make the Olympics unless I truly see talent. If I tell you that you can be the best, I truly mean it.

Don't get me wrong. I am not going to tell someone they are terrible. I just won't say anything. I like to keep things positive, so I focus on what each athlete is capable of. Some might be capable of competing at the American Open Series, and some might be capable of the Olympics. This goes for all sports. If I am coaching a 5'7" high school linebacker who runs the 40-yard dash in 4.8 seconds, I am not going to tell them they can make it to the NFL. They might prove me wrong, but the odds are that the NFL isn't in the cards.

One thing that works well is to really lay out the process for an athlete, so you can see if they are willing to really commit to whatever it is they want to accomplish. If you are talking to a 5'7" linebacker, you can be honest and tell them the average linebacker in the NFL is 6'2" and weighs 242 pounds with an average 40-yard dash times of 4.7 seconds. You can tell them their odds based on the numbers. You can give them concrete goals with speed, vertical leap, broad jump, pro-agility drill, and their skills on the field. You can tell them how much time they will need to commit. You can talk about the parties they must skip, friends they must avoid, food they must eat, and the sleep they must get. Then you can see how committed they are in sticking to the plan. It doesn't take long to know if an athlete is truly committed or not.

I have coached a few NFL athletes, and all of them are the most committed athletes you will ever meet. They sleep, eat, and drink football every day of their lives. The same goes for anything awesome, such as the Olympics in weightlifting, the NBA in basketball, or the MLB in baseball. That's why it is so special to have an athlete actually make it to one of these venues. Not only will they have to live perfectly and train like a maniac, they have to do all of this crazy training and competing without receiving a major injury. It's a truly special thing to witness and be a part of.



This word gets thrown around way too much. It's the new buzzword attached directly to the new generation of small box-type gyms. 90% of the people shouting the term every chance they get have absolutely no idea what they're talking about. Every gym will have a culture, and in 100% of the cases the operator dictates that culture. I say "operator" because someone might own the gym - but if they are not present, they will not dictate the culture.

If you don't understand the way culture works, you are doomed to form a culture based around the operator's personality. Depending on who is in charge, that could be a good thing or a bad thing. If you want an amazing gym, there is another way that I recommend using culture to your benefit.

Before you open the doors to your gym, you need to define the culture you are after. Do you want a gym filled with people in their 30s to 50s trying to get into the best shape of their lives? Do you want a gym filled with the best athletes in the world? Do you want a gym filled with at-risk youth trying to have a better life than their parents? In my experience this takes visualization. You really need to visualize exactly what the end product looks like. Who do you want to surround yourself with? This is an important question because your gym members will end up being a second family. Who do you want in your family?

Here are a few other questions you have to ask yourself when considering your future culture:

- What population do you want to serve? Examples include adult general fitness, senior population, obese, athletes, specific sport athletes, youth, etc.
- Dress code? This is a very important one because it will play directly into the population you attract. For example, if you want young adults, you probably want to permit them to go shirtless if they want.
- Type of music? For example, we have a policy that music must have zero explicit lyrics.
- What modalities will you use - CrossFit, powerlifting, weightlifting, bodybuilding, boot camp, basic general fitness, etc.?
- What equipment will you have? Equipment will matter to the type of people you attract. For example, powerlifters will want competition bars and plates, weightlifters want nice bars that spin and oscillate, CrossFitters want rowers and True Form treadmills, etc.

The more clearly you define the type of culture you're after will be probably be strongly related to the amount of success you are going to experience. Don't rush this one. Also don't waver once you have set the standard. At first you are going to want members just so you can pay the bills. I get that, but sometimes short-term success at the expense of culture will lead eventually to overall failure.

## **THE MASH ELITE WAY**

This is a book about crushing numbers, so I am going to make this specific to forming a gym filled with champion athletes to give you a better idea of what I am talking about. Our gym is

filled with the best bars and plates that a gym can have. We also have all the fun accessory equipment that an athlete could ever want: power racks, Westside Barbell Belt Squat, Westside Barbell Reverse Hyper, glute ham raise, two Vertimax machines, specialty bars, bands, chains, racking system, outdoor turf, farmer's walk handles, yoke carries, powerlifting competition bench and rack, and so much more. Obviously if you are a weightlifter, powerlifter, or strength and conditioning athlete, you are going to be happier than a pig in slop.

Our dress code is lenient from 1:00 PM until 5:30 PM because that is when our athletes train. The adults come in at 5:30, so things change a bit. It's a way of attracting the populations that we are after. The music is free of explicit lyrics at all times. Here are my thoughts on that. Personally I don't like music with bad language, but I don't care about others listening to it. I am nobody's moral police. However, I look at it like this: bad language isn't helping anyone lift heavier weights. But if it offends one potential champion, that's one too many.

We are after athletes who want to absolutely maximize their potential. I don't care if someone is barely qualifying for their chosen event or if they're winning world championships - as long as each person in our facility is doing his or her absolute best toward reaching their individual maximum potential. I get just as excited thinking about one of our athletes, Courtney, qualifying for the American Open Series while she's in Nurse Practitioner School as I do thinking about Morgan McCullough breaking a world record.

If you are like me and want the best athletes, you are going to need to go after them. You have to develop an eye for athletes. If I am at the park with my wife and kids and see a young person



moving like a gymnast, I am going to tell their parents about our club. Another thing is to simply be nice. If you are at a meet and see a young person trying to do things alone, offer to help them. Jordan Cantrell is my number one senior athlete, and I got him simply being nice. I helped him for free for the longest time until one day he asked me to be his personal coach.

To gather my field athletes (football, basketball, softball, volleyball, etc.), I hosted free informational clinics at my gym to educate parents, coaches, and athletes. If you help people because you care about others, people will trust your skills and realize you're in it for the right reasons. I also spent a lot of my time at ballgames watching my athletes crush it, talking to their parents, and meeting new parents. At the end of the day, spend your time helping others and eventually you are looked at as the expert and the coach who cares.

Here's my last bit of advice as far as culture: you have to define expectations up front. Here are examples of expectations:

- Every athlete competes or helps out at each and every competition.
- Athletes are always supportive of one another and never negative.
- Each athlete's actions outside of the gym must match his or her goals laid out with their head coach.
- Every athlete must be on time or suffer consequences.
- Missed sessions must be laid out with the coach a month in advance.
- A positive attitude is the number one requirement.

It's also good to know the requirements the athletes have for the coach. Don't assume you know what every athlete wants. This

is a lesson I am just now learning. You might find you can't meet a certain athlete's expectations. It's better to know that up front and pass them to someone who might be a better fit than trying to be everything to everybody. This can save a lot of relationships and hurt feelings.

# FIXING FLAWS WITH MOVEMENT VS. CUES

I listen to a lot of up and coming coaches trying to help their athletes correct poor movement mechanics. All too often I hear them point out the issue without offering advice on how to correct it - and really that's all a part of the coaching paradigm. Soon they will start to look at the movement with a deeper understanding. Then they will be able to correct those issues with cues and, more importantly, with drills that will naturally fix the problem.

Let me give you an example to illustrate my point. If an athlete catches a clean low on the shoulder (making it hard to rack the weight and stand up), simply pointing out the mistake will not fix the problem. Believe it or not, athletes are super intuitive. Most will already understand they caught the bar too low on the shoulder. But most don't know what caused the issue. This is most likely due to 1) the bar kicked out in front right off of the floor and stayed in front during the entire pull or 2) the athlete pushed their hips horizontally, causing the bar to be pushed in front.

In this instance, the coach might give cues to correct. I might tell my athlete to sweep the bar in off the floor, or I might tell them to push their feet through the floor and stand up vertical. Both of these cues can help, but adding in drills to fix the issues is even better. For example, you could instruct the athletes to pause right off the floor to practice the initial movement and to stabilize the correct position with the isometric contraction (pause). You could

also prescribe no-hook and no-feet or no-hook, no-feet, and no-contact cleans to stop the horizontal movement of the hips.

The programs at the end of this book are filled with drills and accessories to fix the most common of movement dysfunctions. If I can fix a problem without saying a word, then that's the route I will take. (I will explain each movement that is intended to correct dysfunctional movement patterns when I explain the programs later in the book.) This philosophy is definitely one of the most important aspects of my system. I love verbal cues, but most coaches over-communicate verbally to the point that they confuse their athletes more than anything.

# SEPARATE PEAK STRENGTH AND PEAK POWER

This method is used in all of our programming except for powerlifting. About a year ago we started peaking the absolute strength of our weightlifters nine weeks out from competition. That allowed us to focus on peaking the competition lifts along with peak power output leading up to a competition. Prior to implementing this strategy, we simply peaked absolute strength and power output at the same time, which was right before competition. Let me explain a bit more to clarify.

In the sport of weightlifting, an athlete's ability to squat and pull a lot of weight is directly related to their ability to snatch and clean and jerk. If an athlete can front squat 140 kilograms (308 pounds), they're definitely not going to clean and jerk 150 kilograms (330 pounds). When I refer to absolute strength, I am talking about particular strength movements that are important to one's ability to perform their individual sport. In weightlifting those strength movements might be:

- Back Squat
- Front Squat
- Clean Deadlift
- Snatch Deadlift

- Military Press
- Push Press

Every coach is a bit different as to the movements they deem important, but these are the most common.

The problem with peaking strength movements and the competition lifts at the same time is they will start competing with each other for recovery. We all know the body gets crushed after maxing out the squat. When you are trying to max out in the squat and the clean and jerk, things can get tough really quickly. I need my athletes fresh when they are trying to dial things in for a competition.

It's also mentally tough to try and peak the competition lifts and strength movements at the same time. I have watched this process mentally crush athletes to the point of destroying an entire block of training. It's already hard to get one's brain prepared for maximum attempts in the snatch and clean and jerk. When you add in max out sessions in the squat and/or deadlift, the stress levels can often be too high for athletes to recover from. When it is time for my athletes to hit maximums in the competition lifts, I want all of their focus on those core movements. I want the rest of the workout to simply complement what they are doing, while maintaining the strength they have developed from prior blocks.

The same can be said for the way I peak all sport athletes. If I am coaching football, basketball, softball, or soccer players, my strategy is to peak their absolute strength a couple of months out. The increased strength presents the athlete with more potential to produce power. Then you spend the last couple of months prior to the season turning that potential power into actual increases

in power. The key is harnessing those strength increases into functional movement patterns that yield maximum power outputs.

Plus if you are a football player or soccer player, I want you feeling good that first day of practice. I don't want you feeling beat up from a maximum back squat session. I learned this protocol from Coach Bryan Mann. I want those last six to eight weeks filled with maximum velocities, perfect movement, and restorative exercises. Anyone who's ever been an athlete realizes if you feel good, you are going to play well. If you feel beat up, you are going to perform poorly. If you implement this format of peaking, I promise that you are going to reap some major rewards regardless of the sport.

# RPE AND RIR

I use Rate of Perceived Exertion (RPE) and Repetitions in Reserve (RIR) to better explain my intent for my athletes. Here's a great explanation of RPE by former Mash coach, Dr. Matt Shiver:

*"Rate of Perceived Exertion (RPE) is a tool that can be used to gauge effort of training sessions. The most common used RPE scale is a Modified Borg Scale (0-10). A rating of 0 is no work, while 10 is max effort, leaving nothing in the tank.*

*Weightlifting coaches normally program either off of percentages of repetition maxes or they program their athletes to go for daily rep maxes. Here at Mash Elite our coaches use both methods based on the athlete and training cycle. The use of rep maxes is a great tool because it allows the athletes to train off how they feel that day. 85% snatches will feel different on different days. Some days they may feel fast and snappy. Other days they feel slow and heavy.*

*With that, it can be very helpful to pair up daily rep maxes with RPE values. If you are doing rep maxes every day at the maximal intensity of a 10 RPE and training five to six days per week, you are going to get burnt out pretty fast. The chances of being burnt out and becoming injured are substantially increased. It can be very beneficial to assign an RPE value to your daily repetition max for a given exercise.*

*Weightlifting and strength movements can be very difficult to assign RPE values for. If you are training in the 8-12 rep range, it is much easier. You can think of RPE from a repetition*



standpoint. If you have one rep left in the tank, you are around a 9 RPE. If you have two reps in the tank, you are about an 8 RPE. If you go to failure, that is a 10 RPE. Because weightlifting training mostly takes place in the 1-5 rep range, it is not as easy as counting how many reps you have in the tank left. It revolves more around going off the feel and the smoothness of the lift. Here is a guide for these movements:

A 7 RPE should feel fast! If you are prescribed a 7 RPE on a rep max, you want to focus on doing the set with good technique. This prescription is used to get athletes used to the total volume of the training cycle. It is used on the first week of a training program or the start of a deload/peak week.

An 8 RPE should feel solid. Here we can work on strength, technique, speed under load, and confidence. The sets here should look good and feel good. It should be hard - but you know that you are not going to have any misses. This is where you should spend a large percentage of your training sessions.

A 9 RPE should be very challenging. You are pushing yourself extremely hard but really limiting yourself on your misses. You should have just a few kilos left in the tank after your set. You will need a full two to four minutes of rest between attempting another set at that weight. This RPE should be done right before taking a deload week. You are pushing this 9 RPE with multiple exercises and multiple sets. The volume and intensity will take a toll on your recovery.

A 10 RPE is an absolute max. You should be able to hit this for just one set and that is it! You may have some misses. This is done at the end of a training program to test for progress.

*Prescriptions are often written in between two different RPE values. 7-8, 8-9, or 9-10. This gives the athlete even more control on that session. They can choose to either stay at the lower RPE or ramp up to the higher RPE based on how they feel that day.*

*Programming the RPE values on daily repetition maxes can be an easy way to allow athletes to train off feel. This type of training helps them learn to listen to their body. Most importantly, it allows them to train safely and gives them room to progress each week."*

I use percentages also, but the problem is that an athlete's one-repetition maximum can vary up or down 15% day to day. That's a 30% total swing, making percentages not very accurate. RPE-like velocity based training is a way to ensure that a daily training intent is met. Put simply, RPE is a great way to communicate with my athletes if I want them to go all out or hold back a bit.

## **RIR (REPETITIONS IN RESERVE)**

From time to time I prescribe "as many reps as possible" (AMRAP) sets - mainly to encourage hypertrophy. It's pretty clear from the research that sets to near failure are the best way to invoke hypertrophy. The key is not going to complete failure all the time because the other component to this strategy is the frequency of these sets. The goal is to go to near failure as often as possible without overtraining. That's why RIR is so important.

If I prescribed my athletes to go to all out to failure every week with their AMRAP sets, they would soon become over trained. But

if I prescribe AMRAP sets with 2 RIR, he or she will stop two reps before failure, making the set a bit easier to recover from. There are moments for sets to go to complete failure, but those days have to be followed by complete rest or lower volume days. Once again, RIR (like RPE) is a great way to more precisely communicate my intent to my athletes.

# MOVEMENT PRIORITY

Not all movements are created alike. Some are simply more difficult than others. In some sports there are movements that are more important than the others. In the last year we have started emphasizing certain movements over the rest based on the level of difficulty, the individual athlete, and the level of sport relevance. In weightlifting, the snatch and the jerk are a bit more technically difficult to master than the clean - with the snatch being the most difficult for most. It only makes sense to snatch more often than one might clean, and the same can be said for the jerk with a few people. Lately we have been targeting the snatch by performing the movement sometimes six days per week as opposed to three or four with the clean. This has led to a major payoff in regards to the technique of the movement and several personal records.

If you are a football or softball strength and conditioning coach, you should prioritize the clean and the squat over the bench press. I recommend performing the clean and the squat at least two to three times per week with only one or two times on the bench press. The clean and the squat both have direct carryover to speed and vertical leap - not to mention several injury prevention aspects. It's also important that the clean and the squat are performed a bit more regularly due to a higher level of difficulty. A more difficult movement requires more practice to master the skill and reap all the rewards.

# SAID PRINCIPLE

The SAID Principle states the body will specifically adapt to imposed demands. So specificity is important - especially in more complex movements, such as the snatch and clean and jerk. Squatting, benching, and deadlifting don't require as much muscular coordination, so specificity doesn't have to be quite a factor. However, in my experience a certain amount of specificity will always produce better results than too much of a variation.

If you want to get better at hitting a ball with a bat, at some point you have to swing that bat and hit the ball. This point holds true for all sports, and lifting weights is no different. If you look at the athletes crushing all of the powerlifting and weightlifting records, you will notice a high degree of specificity - especially the last six to eight weeks before a competition. This is the fork in the road where I take a slightly different path than Louie Simmons and Westside Barbell.

# POST-ACTIVATION POTENTIATION

From here on we are going to review some of the methods talked about in the *Mash System*. Most of you have probably read that book already, so I will briefly summarize these methods and let you know if anything has changed since the publishing of the *Mash System*.

Post-activation potentiation is the principle that the contractile history of a muscle influences the mechanical performance of subsequent muscle contractions. In other words, lifting something heavy fires up your nervous system to recruit more fibers. This temporary neurological effect basically makes you stronger.

I call it the “Mash Method” – and you can use it in one of several ways. One way is to pick a movement you want to improve (such as vertical leap, squat, jerk, or sprint) and pair it with a similar movement that will allow a higher load. Another way is to alternate heavy sets with lighter sets.

You will notice in our programs we still utilize the Mash Method with all forms of our programming. I don’t believe there is a better method for breaking through a plateau, improving efficiency, eliciting a hypertrophic response, or crushing athletic boundaries in an event like the vertical leap or 40-yard dash. Of course, this method works better for some than others. There is no reason for someone new to strength training to try out this method for the first

two years. They will experience plenty of gains with basic linear periodization. Plus they aren't going to be familiar enough with their own neurological system to make much use at all of the Mash Method. The best approach would be to build as much muscle and absolute strength in those first two newbie years - and then to start experimenting with this method.

# MAXIMUM EFFORT METHOD

The Maximum Effort Method is defined as lifting a maximal load against a maximal resistance. It basically means to go heavy. If you want to be able to lift heavy weights in the snatch and clean and jerk, you are going to have to lift heavy weights often. There's no way around it.

If you are a weightlifter in the United States who has been lucky enough to make an international team for Team USA in the last four years, then you have had the pleasure of working with Pyrros Dimas. Pyrros is a three-time Olympic Gold Medalist and was a product of the Bulgarian System. The Bulgarian approach is legendary for having athletes max out multiple times per day for every day of the week. Now that I've talked with Pyrros, I have learned a few things that make the Bulgarian System less of a mystery.

1. All of the athletes who enter the Bulgarian System have several years of general physical preparedness to ready their bodies to withstand the heavy loads.
2. They take three months off every year to perform more traditional training, which also gives them the much needed rest and recovery to withstand the system.
3. The athletes who do the best within this system are very good at auto-regulation. Deep down, all of us know early on in a



training session if our bodies are ready for big lifts or not. If 85% feels heavier than normal, the smart athletes know that 97% and above isn't in the cards that day. The athletes who can't come to terms with this reality are going to fail miserably in a Bulgarian System.

The Maximum Effort Method is crucial regardless of the system. You don't have to go heavy every day like the Bulgarians, but designating once per week as the Max Effort Day is a necessary part of any good system. Athletes have to learn to push past mental and physical roadblocks, and we give them this opportunity at least once per week. This doesn't mean we are going to max out in the snatch and clean and jerk every week for our weightlifters. But we will choose either snatch, clean and jerk, variations of these lifts, or repetition maximums in the lifts to push hard every week.

We do the same thing for our powerlifters, strength and conditioning athletes, general fitness athletes, and even our functional fitness athletes. Functional fitness guys need to push their limits for two reasons. First, as they get stronger, the prescribed weights for standard WODs (like 30 clean and jerks with 135 pounds) become a smaller percentage of their maximums, making the events easier and easier. Second, at least once every competition they are asked to perform a maximum or near maximum - normally after they are already tired. It's good to be mentally used to going heavy during times like these.

To summarize, I definitely don't think athletes should max out all the time, but there needs to be designated time every week to push the envelope. No fancy method on earth will get you strong faster than the Max Effort Method. One of the common traits for 90% of all the athletes doing well throughout the world right now

is designated time to go heavy on a weekly basis. How do I know? Well, because I am lucky enough to coach some of the best athletes in all the strength sports and at the highest level of professional sports like the NFL. This affords me the opportunity to converse with other coaches and athletes, and I take full advantage of this opportunity. So believe me – they go heavy.

The title "VELOCITY BASED TRAINING" is written in a bold, green, sans-serif font. It is centered and overlaid on a background of several overlapping, semi-transparent hexagons in shades of green and grey. The hexagons are arranged in a way that creates a sense of depth and movement, with some appearing in front of others.

# VELOCITY BASED TRAINING

I covered Velocity Based Training in detail in my book *Bar Speed* – but here is a brief primer on VBT.

New technology now allows us to measure the velocity at which a barbell travels through space – and that has opened up the door to new ways of evaluating and prescribing programs.

VBT can be great feedback for an athlete, teaching them to lift with intent. Using velocity can also make sure that athletes (particularly younger ones) are staying in safe and acceptable ranges of effort.

We can use this quantifiable data to more closely define the different zones of strength. Basically, VBT allows us to communicate and ensure the coach's plan for each training session. We will explain this concept further later in the book as well as give specific examples of programs that apply this practice – particularly the strength and conditioning program.

Bryan Mann is the coach who opened my eyes to the power of velocity based training. He pointed out how there is such a drastic variability in an athlete's maximum from day to day. It can vary one way or the other by 15% for a total swing of 30%. As talked about in previous sections, this makes using percentages problematic.

Velocity based training allows coaches and athletes to get hard, quantifiable data on the speed of the bar – which gives them feedback on how the lifter is performing on that day particular day. We no longer only have to rely on an athlete's feeling or a coach's perception. A lot of the guesswork is eliminated.

Even if a coach has a great eye, wouldn't we want to use every tool we have to measure performance and help our athletes be the best they can be?

If you want to learn about this method in depth, check out *Bar Speed*. Coach Spencer Arnold and I go deep into VBT and show you how to apply the method to all programs. It is the perfect book for the coach who wants that one edge over their competitors.

# REPETITION METHOD

This is definitely one I stole from Louie Simmons. The repetition method is one of their three main methods of training: max effort, dynamic effort, and repetition method. Simply put, this is a fancy term for bodybuilding. It's taking an exercise and completing one to three sets of near failure or complete failure. If you read the latest hypertrophy research coming out of Chris Beardsley's camp, then you know that the number one way to elicit the biggest hypertrophic response is with sets to failure.

There are only two ways to get stronger at a movement: you either get better at the movement or get bigger muscles. So often in weightlifting, we focus on getting better at the movement. I get it, man. I am all for it - but eventually you're going to tap out. Then you need to make some bigger muscles. It's that simple. I normally use this method with smaller movements like lunges, leg press, dumbbell bench press, rows, etc.

There is one important aspect to this method that I want to point out. The closer you get to a meet, the more you will need to focus on recovery. That means movements that cause a lot of muscle damage are probably going to be out. Movements that experience maximum load at maximum lengthened positions (like RDLs) cause a great deal of muscular damage and would not be recommended close to a competition. Movements like band leg curls, back extensions, and banded rows are better choices during this time. That way you continue to grow or maintain your muscle size while focusing on the competition movements. If you are a football player (or other field athlete) or functional fitness competitor,

the same is true. When you are getting close to your season or are in-season, you probably want to lay off movements that cause the most muscular damage - or at least place them strategically during a day where you might have a day or two to recover.

# UNDULATING PERIODIZATION

Most coaches in America program with a traditional linear periodization approach. This style of programming is effective for sure. All you have to do is look at Ed Coan, the greatest powerlifter of all time, and you will see linear periodization obviously works. Before I go deeper, let me explain exactly what linear periodization is.

Linear periodization is a style of training where sets, repetitions, and intensity are programmed almost exactly alike for weeks at a time, starting with higher repetitions and lower intensity and ending with lower repetitions and higher intensity. Here's an example:

- **Weeks 1-4:** (3-4 sets of 8-10 repetitions at 60-70%)
- **Weeks 5-8:** (3-4 sets of 5-6 repetitions at 70-80%)
- **Weeks 9-12:** (3-5 sets of 1-4 repetitions at 80-90%+)

This approach has helped athletes accomplish strength goals for years, but there is one problem with this approach. The “repeated bout effect” is the theory that the more one is exposed to a similar stimulus, the weaker the response becomes. Basically once your body figures out a stimulus, the less it has to adapt to accommodate that stimulus.

Daily undulating periodization (DUP) has been found to be a superior way of programming. DUP is where the sets, repetitions,

and/or intensity are changed every day. This forces the body to continue responding to the stimulus of training. Here's a simple example of DUP:

- **Weeks 1-4:** (Day 1: 3 sets of 10 reps, Day 2: 4 sets of 6 reps, and Day 3: 3 sets of 3 reps)
- **Weeks 5-8:** (Day 1: 3 sets of 8 reps, Day 2: 4 sets of 4 reps, and Day 3: 3 sets of 2 reps)
- **Weeks 9-12:** (Day 1: 3 sets of 6 reps, Day 2: 4 sets of 3 reps, and Day 3: 3-4 sets of 1 rep)

There is one more factor I want point out when considering DUP vs Linear Periodization. All strength coaches have experienced female athletes setting personal records with higher repetition maximums (ten-rep max and even five-rep max) only to be disappointed by a low improvement or no improvement at all in their one-rep max. This is true for male athletes as well but is more common with female athletes. We have found that spending more time in the absolute strength category (one to three reps at 90% or above intensity) equals a better and bigger response in the form of one-rep max personal records.

I have coached hundred of females over the last twenty years, and in my experience it just takes some of them longer to get used to higher intensities. On the contrary, when I have programmed females with low volume, higher intensity, and higher frequency, they didn't respond as well either. It's a combination of both higher volumes / lower intensities and also lower volumes / higher intensities that seems to do the job. This method works better for males as well, but DUP can produce miracle-like results for women and some hard-gaining men.



# PRILEPIN'S CHART

In 1974, A.S. Prilepin took all the data compiled from the training of the Russian weightlifting team and formed his famous Prilepin's Chart. The chart organizes his findings into optimal volume ranges and repetitions per set based on different intensities.

## PRILEPIN'S CHART

Percent	Reps/Sets	Optimal	Total Range
55-65	3-6	24	18-30
70-80	3-6	18	12-24
80-90	2-4	15	10-20
90+	1-2	4	10

I am not a Prilepin's Chart purist by any means. There are lots of ways the chart is lacking detail. There is no guidance regarding frequency. The intensity ranges are too broad. Also this data was from elite weightlifters in Russia so it may have limited carryover to lifters of all levels (not to mention they may have been on steroids).

However, Prilepin's Chart is a guide that works well when considering different intensities, rep ranges, and total volumes. The key is tracking data points from individual athletes and then using that data for future programs. Eventually, I recommend using individual data points for all programming prescriptions. Yet early on, Prilepin's Chart is a great tool for making programming decisions. That's exactly the way that I suggest using Prilepin's Chart - as a tool. I don't suggest approaching Prilepin's Chart with blind adherence.



# ADJUSTED PENDULUM WAVES

Louie Simmons talks a lot about pendulum waves as a way of organizing programming to avoid the “repeated bout effect”. Here’s an example of a pendulum wave:

- **Week 1:** 70% for 8 x 3
- **Week 2:** 75% for 8 x 3
- **Week 3:** 80% for 7 x 3
- **Week 4:** 70% for 8 x 3

We use a similar approach to training that involves overall volume prescription. Here’s the basic explanation of the way that we wave volume:

- **Week 1:** Average Intensity and average volume
- **Week 2:** Average Intensity and higher volumes
- **Week 3:** Lower Intensity and lower volume (Deload week)
- **Week 4:** Higher Intensity and average volumes (Reload Week)

Regardless of the training block, my programming will fit this model. With daily undulating periodization, this will look differently from day to day, but it will still fit the model. Whether the focus is maximum effort method, repetition method, or intensification, the volume prescriptions will follow this model.

# CONJUGATE METHOD

The Conjugate Method is the hallmark of Westside Barbell. It is the method of using constantly varied but similar movements throughout a program. An athlete may use pauses for a squat or use different barbells or use bands in a squat.

Louie Simmons of Westside Barbell studied Russian weightlifting manuals from the 1970s and found how these lifters were using variants of exercises (like back squats, goodmornings, pulls, and glute ham raises) to increase the Olympic lifts. Louie popularized this Conjugate Method and has taken it to the next level.

I use the Conjugate Method all throughout my programming. Special exercises are in there to strengthen particular weaknesses, and I'll use variations of the main movements (like hangs, blocks, pauses, complexes, rep ranges, intensities, and more).

It really just comes down to avoiding the "repeated bout effect" that I talked about earlier in the daily undulating periodization section. Louie is a bit too dramatic in the amount of change he uses with totally switching out bars or exercises. There are many subtler ways to fight off the repeated bout effect with DUP and small changes.

As I explained in my book "Conjugate: Westside Inspired Weightlifting," I don't prescribe the level of variation that Louie Simmons does. Specificity is important, particularly in the Olympic lifts, to preserve the neurological efficiency of the movement. But let's be clear – change absolutely has to be introduced into a program.

There is a dance between the Conjugate Method and specificity that we must all learn to perform. The victor will be the coach who masters this delicate tango.

# GENERAL PHYSICAL PREPAREDNESS AND WORK CAPACITY

In much of the strength sports, we are geared toward ultimately performing the competition lifts on a platform. Yet there is tremendous benefit for these athletes (and all athletes, for that matter) to work on simply being in-shape in a well-rounded sense. That's where general physical preparedness and work capacity come in.

Work capacity isn't talked about nearly enough. For similar athletes, the one who can perform a lot of work is going to outpace the athlete who can't.

Technically anything that isn't sport specific is general physical preparedness. That's everything except snatch and clean and jerk for weightlifters – and everything except squat, bench, and deadlift for powerlifters.

I try to focus more on the competition lifts if a meet is coming up soon, but I'll throw in a lot of GPP work when we are far away. I may prescribe bench press for weightlifters to give them upper body strength. I might program in muscle snatches for my powerlifters to help their power output and to strengthen external rotation.

I'm also a fan of exercises that help an athlete move better – like bear crawls, unilateral RDLs, lunges, lateral lunges, and rolls. Better movement for an athlete means better performance and less risk of injury.

# MUSCULAR BALANCE AND ACCESSORY WORK

I wrote *No Weaknesses* all about this important topic and how we approach it.

As I talked about in the last section, we use movements to increase an athlete's general physical preparedness and work capacity. Along the same line, we also spend a great deal of time on accessory work that is focused on muscular imbalance and an athlete's specific weaknesses.

A well-balanced musculature will perform better. Even more importantly, muscular balance helps an athlete reduce their risk of injury. Strength sports are a marathon and not a sprint – the athlete who can train and make gains the longest will be the one who ends up winning.

Many coaches suggest to scale back heavily on the accessory work leading up to a competition, but we don't. We keep accessories in the program right up until the meet. I've watched the Chinese weightlifters in the training hall at international meets, and they're banging out lots of accessory work. I would, however, recommend cutting back on accessory movements that cause a lot of muscular damage (like RDLs and goodmornings) as they can make recovery a bit harder at that crucial time.

The key to maximizing this method is to pinpoint an athlete's individual weaknesses and asymmetries. We designed a 30-point

test to evaluate these in our book *No Weaknesses*. This guarantees that every ounce of volume is used wisely. If you are not using your volume on specific movements directly related to your sport, the goal should be to use movements directly related to conquering any weaknesses.



# COMPENSATORY ACCELERATION AND ACCOMMODATING RESISTANCE

Compensatory acceleration means that you continue accelerating throughout the entire lift. “Faster as you go” was a cue Coach Don McCauley used.

Fred Hatfield is the first one to coin the term, and he explains the concept best:

“If you’re applying a thousand pounds of force at the bottom of the lift and then as leverage improves you continue to apply a thousand pounds or less, you’re not accomplishing as much as you can. Instead, you’ll see that as leverage improves you’re able to apply twelve hundred pounds of force, fourteen hundred pounds of force up near the top. The secret though is that you’re applying as much force as you possibly can exert all the way through the lift. That means you’re spending more time under maximum tension. That means you’re going to make progress much faster than you could otherwise, probably twice as fast.”

This seems easy enough, but it's not especially with younger athletes. They have not yet learned to express desired intent of training. A great way to teach them compensatory acceleration is with another method: accommodating resistance.

This was popularized by Louie Simmons. He uses bands or chains to make the lift more difficult at the parts where it's easiest. Let me explain. In a back squat, we are strongest biomechanically toward the top of the squat and weaker toward the bottom. This is obviously why failed squats happen at the bottom and why lifters can handle more weight if they squat higher. The bands or chains accommodate that resistance by increasing the difficulty of the lift during the top portions.

Bands and chains also teach athletes to accelerate throughout any movement where they are used. All you have to do is have an athlete complete a squat with bands, take the bands off, and then perform a set with bar weight only. They will naturally learn to accelerate throughout the movement.

# CONCURRENT TRAINING

Concurrent training is a phrase used to refer to the pairing of different forms of exercise/strength. For example, it's very common to pair weightlifting and powerlifting, which is known as super total training. People look to us coaches to pair all sorts of forms of strength and exercise like:

- Weightlifting and powerlifting
- Weightlifting and 10k road races
- Powerlifting and triathlons
- Powerlifting and bodybuilding

The key is understanding energy systems and recovery times. We wrote an entire book that explains this method, called "Do What You Want." In summary, it's imperative that movements and activities are strategically placed. For example, it's not wise to program an all out 5k sprint the day before performing a one-rep max back squat. A swim might be a better idea to leave the legs fresh for the squat.

# THE GOLDEN RULE

The Golden Rule states: If you miss during a one-rep max, either 1) wave back down to 85% and work back up or 2) stop. If you work back up, either 1) stop on a good make or 2) if you miss again, wave down to 80% for 1 make and stop on a positive.

The goal is no misses, but at worst case two misses. If you start having lots of misses, it will affect your overall program in a very negative way. Be smart! The goal is ZERO misses!

I got this directly from Pyrros Dimas, and I suggest everyone implements it if you spend a lot of time in that 90%+ range. If your athletes get used to missing in training, they will get used to missing in competition. Once again, the goal is no misses ever, but that's not always possible. This rule will guarantee that you at least are used to making 98% of your lifts.



# **SECTION 2: THE PROGRAMS**



# UNDERSTANDING THE PROGRAMS

Now we're to the part of the book most of you have been waiting for. I put these programs at the end, hoping some of you will read the first section and better understand why we program the way we do. The goal is to help prepare you to create. I love when people crush through new personal records with my programming. However, I love it even more when I motivate coaches to write their own versions.

The best way to approach these programs is to choose the program that best fits your personal needs. I recommend following the plan exactly, but also I suggest taking notes along the way. When you get to the end of the program, you can take those notes and create a better version that will fit specific individuals. That's basically what I do. Someone will start with me, and I program for them based on their responses to questions. Then I will perfect that plan based on their feedback along the way.

Each program in this section is an updated version of a program I am currently using. Basically, I took a plan that has killed it for my athletes, updated it, refined it, and put it here on these pages for you. These are brand new, awesome plans that have never been used before.

For athletes with limited time or recovery, I am also offering versions of each program with lower volume and fewer days per

week. I hope you will see how I keep what's important and simply trim the fat. You might choose to trim the program even more to fit the needs of a client or for yourself.

## TERMS

Before I show you each program, I want to show you a few terms that will be common throughout.

Hang Snatch (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
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This is 70% of the athlete's one-repetition maximum snatch (I always base the percentage off of the main competition lift) for 8 sets of 2 repetitions. When I say work up on last two sets, I am talking about adding 3-7% extra each set, so set 7 at 75% and set 8 at 78%.

Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1, 88% x 1, 90% x 1
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Let me explain this one, set for set. You will perform 70% of your 1RM clean and jerk for 2 sets of 3 reps. Then you will take 75% of your max clean and jerk and perform 2 sets of 2 reps. Then it's 80% for 2 sets of 2 reps, 2 sets of 1 rep with 85%, 1 rep with 88%, and finally 1 rep with 90%.

Front Squat	3RM (9 RPE, 5 sec eccentric), then -10% for 2 x 3
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This is saying to perform a front squat with a 5-second eccentric, which is the portion of the lift where you lower it. (Scientifically, the eccentric portion is part of the lift where the muscles lengthen.) In

this case, I have prescribed a 3RM, which means as heavy as you can go for 3 reps. I have programmed a 9 RPE (rate of perceived exertion) - meaning to stop when you get to a set where you could have performed one more repetition. (See the previous part of Section I on RPE and RIR.) An example would be to work up to a 3RM of 405 pounds for 3 reps when you could have pushed and performed 4 reps.

In this example, I also have some downsets. After performing your 3RM, you subtract 10% from the weight and lift another 2 sets of 3 reps. So if your 3RM front squat was 405 for 3, you would then lift 365 pounds for 2 more sets of 3.

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max (9 RPE)
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I am suggesting that you perform a snatch with a pause at the knee for two reps, followed by a snatch with no pauses for 2 reps. You will work up to a max for this complex at a 9 RPE, meaning that you stop when you could perform only one more rep.

SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	5RM each leg, then -10% for 2 x 5 each leg
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This is a unilateral movement - a split squat with the rear leg elevated. I am prescribing a safety squat bar, but feel free to use a straight bar or other specialty bar if you don't have access to a safety squat bar.

Here, you are working up to a 5RM per leg with a 5-second eccentric portion. I suggest starting with your weak leg and simply matching the weight and reps on the dominant leg.



Then subtract 10% from that top number for 2 more sets of 5 repetitions per leg.

Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (8 RPE), then -10% for 2 x 5
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I'm using hover sets for the snatch grip deadlift here. This means you will perform a 5RM - but the trick is that you don't let the plates touch the ground after you the first rep. You lower slowly during the eccentric portion and stop one inch from the ground before the next rep. The purpose of these hover sets is to maintain the time under tension. The down sets are performed the same way.

Hyperextensions with Barbell	3 x 10
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For many of the accessory movements, I do not prescribe a specific intensity or load. You can start around a 7 RPE for these movements and end around a 9 RPE.

Back Squat with Belt	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6+
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Here's how you perform these "Mash Method" waves. In each of the three prescribed sets, there are actually two smaller sets. Let me explain. In set 1, I am asking you to perform 85% of your 1RM back squat for two repetitions, wait 2 minutes, and then lift 70% for 6 repetitions.

On set 2, I am asking you to add 5 kilos to both the set with 2 reps and the set with reps. Again on set 3, you will add 5 kilos to both sets. Only add this extra weight if you feel you are able.

You will notice the last set indicates 6+ reps. That means to perform as many reps as possible, stopping one rep short of failure.

Here's an example: If your max is 182 kilograms on the back squat, set 1 would be 155 kilograms for 2, then 127 kilograms for 6. Then set 2 would be 160 kilograms for 2 and 132 kilograms for 6. The final set would be 165 kilograms for 2 reps, finishing with 137 kilograms for as many reps past 6 as you can go (leaving one rep in the tank).

Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

This is how I indicate a superset. A superset is a fancy way of saying to perform grouped movements back-to-back without a lot of rest between exercises. This has you performing an incline bench press with an axle bar for 10 reps, immediately into 10 reps of kettlebell bat wing rows with a 2-second pause. You can rest after that for a short while before repeating it again for set 2. Then you will repeat that again for a total of 3 sets.

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
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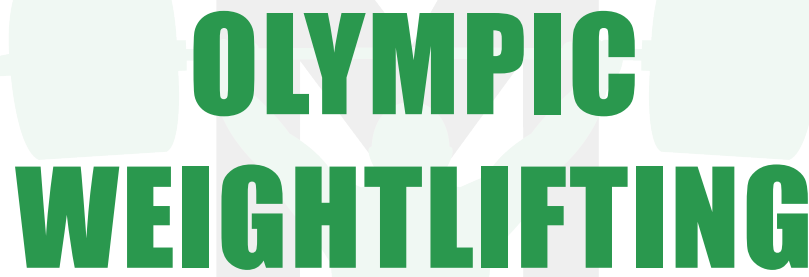
Here, the first wave is very simple - just 75% of your 1RM for 2 reps, 80% for 2 reps, and 85% for 1 rep. For the second wave, add 3-5 kilos to each weight based on how easy it felt - and then perform the wave again: 75% + 3-5kg for 2, 80% + 3-5kg for 2, and 85% + 3-5kg for 1.

Dips	4 x submaximal (use weight if more than 10 reps)
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I normally prescribe certain bodyweight exercises (such as dips or pullups) with submaximal reps. This means you perform as many reps as you can each set but stop one rep short of failure. It's hard to prescribe 3 sets of 10 reps when not everyone can perform 10 reps.

Overhead Carries Axle	3 x 40 yards
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When prescribing volume for carries, I will normally specify distance. If a load is not prescribed, you can assume that I want the first set to be challenging with the final set being near failure. Too many people go through their carries with little or no thought, making them a big waste of time. If you aren't trying to progress with them, you are wasting time.



# OLYMPIC WEIGHTLIFTING

It's no surprise I am continually refining my weightlifting programming. I am blessed to work with some of the highest level lifters in the country, and I am blessed to have had the opportunity to learn from amazing coaches. Take a look at the first block, and then I'll explain what's going on.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM (9 RPE, 5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 2

Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Dumbbell Bench Press	5 x 10 (6-8.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 10

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (8 RPE), then -10% for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off	
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## DAY 5

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max (9 RPE)
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max (9 RPE)
Strict Press (5 sec eccentric)	5RM, then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10

## DAY 6

Back Squat with Belt	63% for 10 x 10
Goodmornings (7-8 RPE)	start with 25% of Squat for 3 x 8
TRX Leg Curls	4 x 10

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM (5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 2

Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Dumbbell Bench Press	5 x 10 (6-8.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	63% for 3 x 10

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (9 RPE), then -10% for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off	
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## DAY 5

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max
Strict Press (5 sec eccentric)	5RM, then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10

## DAY 6

Back Squat with Belt	65% for 10 x 10
Goodmornings (7-8 RPE)	add 5-10 kg to week one weight for 3 x 8
TRX Leg Curls	5 x 10

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 2

Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
Dumbbell Bench Press	3 x 10 (6-7.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 8

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	90% of 5RM for 3 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	90% of week 2 weight for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off
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## DAY 5

Snatch Complex	Snatch (with pause at knee) + Snatch: Max (9 RPE)
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max (9 RPE)
Strict Press (5 sec eccentric)	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10

## DAY 6

Back Squat with Belt	68% for 8 x 8
Goodmornings (7-8 RPE)	week one weight for 2 x 8
TRX Leg Curls	3 x 10

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Front Squat	3RM, then -15% for 3+ (no misses)
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 2

Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
Dumbbell Bench Press	5 x 10 (6-9 RPE)
Dips	5 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	65% for 3 x 8

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	5RM each leg, then -10% for 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM
Hyperextensions with Barbell	3 x 10

## DAY 4

Off	
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## DAY 5

Snatch Complex	Snatch (with pause at knee) + Snatch: Max
Clean and Jerk Complex	Clean (with pause at knee) + Clean + 1 Jerk: Max
Strict Press (5 sec eccentric)	3RM, then -10% for 3
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10

## DAY 6

Back Squat with Belt	70% for 8 x 8
Goodmornings (7-8 RPE)	add 5 kg to week two weight for 3 x 8
TRX Leg Curls	5 x 10



## DAY 1

During the accumulation block, we use a lot of eccentric and isometric tempo prescriptions to build strength. Pyrros Dimas suggested slow eccentric hang work to develop specific positions that were lacking with our athletes. Five-second eccentric hang snatches are designed to give athletes strength and stability for staying over the bar longer. When an athlete can drive longer with their legs while keeping their shoulders over and in front of the barbell, they will have a straighter bar path and a more powerful second pull. The best way we have found to develop those positions are with slower eccentric and isometric contractions.

We use the same element of slow eccentrics to develop the front squat position, which is imperative for a good clean. The 9 RPE (rate of perceived exertion) is simply working up and stopping at a weight you could have completed for one more repetition. It's week one and day one of a 20-week program. The last thing that you want to do is go to a complete maximum this soon in a program.

Unilateral RDLs are an exercise you will see early on in most of my programs. This movement is great for creating equal strength in both hips while encouraging functional movement in each hip. Lately the word functional has taken a turn for the worse in mainstream fitness. When I say *functional*, I mean you are able to use a specific joint or movement the way your body was built to perform the particular movement. Hips were meant to move together and separate from one another. If we only perform bilateral hip hinges, this can result in the loss of movement in one or both sides - resulting in potential injury. I suggest counting the first set that is somewhere around a 7 RPE and shooting to end with a 9 RPE.

Unilateral carries are my absolute favorite version of carries. They strengthen the quadratus lumborum, which is a muscle that lifts the hips up and down. This little muscle can cause a lot of pain for athletes if it becomes restricted. If we sit a lot and only perform bilateral movements, this muscle can get overly lengthened and weak, causing a potential injury. The unilateral carry also strengthens the obliques, glutes, spinal extensors, and just about every muscle that supports the pelvis and spine. This is true core work unlike silly movements like crunches.

For the unilateral RDLs, I suggest starting somewhere around a 7 RPE and ending around a 9 RPE. For the farmer's walk, I would do the same - start with a 7 RPE and end around a 9 RPE. With carries you can look at RPE with 5% increments, so 9 RPE is stopping 5% from a perceived top set, 10% less than a top weight is 8 RPE, and 7 RPE is about 15% from a top set. If you don't have farmer's walk handles, you can use dumbbells, kettlebells, or even barbells. Barbells are actually awesome for this exercise because you can load them as heavily as necessary.

## DAY 2

I have you performing a push press with either kettlebells or dumbbells. Then it's dumbbell bench press for 5 sets of 10 reps, starting at around a 6 RPE and ending somewhere between an 8 and 9 RPE (8.5 RPE).

Dips are to be performed at 4 sets of submaximal reps, which means stop before you might miss. If you are crushing 10 reps or more each set, you need to add weight with a vest or a DB held in your legs. Then there's the hang snatch grip high pull. You will use 60% of your 1RM snatch as the weight.

## DAY 3

The hang clean is being prescribed exactly like the snatch from Day 1 - so 70% of your 1RM clean for 8 sets of 2 reps. Like I wrote about earlier, you can work up on the last two sets 3-7 % per set.

The unilateral split squats are using the safety squat bar - but again, feel free to use a straight bar or other specialty bar. The snatch grip deadlift is using a hover set as I explained earlier. Then we'll end with hyperextensions.

## DAY 5

Here, I am using a complex as I explained in the earlier section. There's complexes for the snatch and the clean and jerk. The day ends with strict press and bentover rows.

## DAY 6

These back squats are using the famous German volume training prescriptions of 10 sets of 10 repetitions at 63% of your 1RM. I will say that German volume training is one of the most universally successful training protocols that I have ever used.

I am basing the intensity of the goodmornings off of the back squat because no one has a 1RM goodmorning (unless you train at Westside Barbell). So start this movement with 25% of your back squat and progress slowly. Finally, we end with some TRX leg curls.

# WEEK 5 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 75% of snatch)
Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (8 RPE, no misses), then -10% for 2 x 3
Front Squat with Belt	1RM (7 RPE, paused 5 sec)
Overhead Carries Axle	3 x 40 yards

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9 RPE), then -10% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5 (last set is 5+)
Snatch	80% for 3 x 2
Clean and Jerk	80% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Push Presses	Set 1: 80% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 60% x 10

## DAY 6

Front Squat	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Pulls	90% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 6 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Cleans (from blocks)	68% for 2 x 3, 73% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 78% of snatch)
Snatch (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (9 RPE, no misses), then -10% for 2 x 3
Front Squat with Belt	1RM (7 RPE, paused 5 sec)
Overhead Carries Axle	3 x 40 yards

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9.5 RPE), then -10% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 78% for 3 x 5 (last set is 5+)
Snatch	83% for 3 x 2
Clean and Jerk	83% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Push Presses	Set 1: 83% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 83% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 83% x 3, rest two minutes, then 63% x 10

## DAY 6

Front Squat (add 5-10 lb if all reps and sets were completed last week)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Pulls	93% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 9 RPE)

# WEEK 7 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	30% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3
Back Squat with Belt	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Goodmornings (strap-supported or regular)	90% of 5RM for 3 x 5

## DAY 2

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 70% of snatch)
Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Snatch (from blocks, bar at knee)	90% of 3RM for 3 x 3
Front Squat with Belt	1RM (7 RPE, paused 5 sec)
Overhead Carries Axle	3 x 30 yd

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	90% of 3RM for 3 x 3
Strict Presses	90% of 5RM for 3 x 5
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	90% of 5RM (first 2 reps paused 3 sec) for 3 x 5
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5
Snatch	78% for 3 x 2
Clean and Jerk	78% for 3 x 2
Unilateral Farmer's Walk	3 x 30 yd each hand

## DAY 5

Snatch Max Effort	2RM (9 RPE), then -10% for 2
Clean and Jerk Max Effort	2RM (9 RPE), then -10% for 2
Push Presses	Set 1: 80% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weight) 80% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weight) 80% x 3, rest two minutes, then 60% x 10

## DAY 6

Front Squat	63% x 8, 73% x 5, 83% x 3, 88% x 1, 83% x 3, 75% x 5
Snatch Pulls	88% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 8 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	33% x 3, 38% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Cleans (from blocks)	Max (single)
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Goodmornings (strap-supported or regular)	5RM (9 RPE)

## DAY 2

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 70% of snatch)
Snatch (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Snatch (from blocks, bar at knee)	3RM, then -10% for 3
Front Squat with Belt	1RM (8 RPE, paused 5 sec)
Overhead Carries Axle	3 x 40 yards

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	1RM, then -15% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 5+
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first rep paused 1 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	5RM
Snatch	85% for 3 x 2
Clean and Jerk	85% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	2RM
Clean and Jerk Max Effort	2RM
Push Presses	Set 1: 85% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 85% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 85% x 3, rest two minutes, then 65% x 8

## DAY 6

Front Squat (add 5-10 lb to week 2 weight if all reps and sets were completed)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5
Snatch Pulls	95% for 3 x 3 (6 sec eccentric)
RDLs (from deficit)	8RM (9.5 RPE), then -15% for 2 x 8

## DAY 1

During this hypertrophy block we will slowly increase the volume of the competition lifts. However the main goal is continued pursuit of absolute strength in the movements related to weightlifting (squat, front squat, presses, pulls, deadlifts), so you will see those throughout the week.

For the jerk step from split, you start with the bar in the rack position, behind the rear delts and in front of the traps - and you start in a split position that is six inches short from your typical split position. Then you dip and drive up on the bar with the torso - drive off the back foot and into your normal split position. Perform this movement for each repetition.

I like warming up with these jerk steps because you can strengthen the overhead position with the reps and stabilize the torso and lower body with the isometric contraction being held during the exercise.

For the power cleans, you will perform the indicated sets and reps with the prescribed percentages. Then you can work up to a 1RM power clean but stop before a miss. If you do end up missing, just stop there.

Then it's on to heavy "Mash Method" back squats. We end the day with strap supported goodmornings. These are goodmornings that start at a low height, supported by spud straps or even chains. The movement begins with the concentric contraction or the upward motion, so the barbell should start at a height equal to your bottom position in the goodmorning. If you don't have straps,



chains, or a power rack to set this up, then just use regular barbell goodmornings. I like the variation of supported goodmornings, but the variation isn't going to outperform a regular goodmorning to a point worth noting.

## DAY 2

The overhead squat warm up is prescribed at 75% of your 1RM snatch for 2 snatch grip push presses and 1 overhead squat for just one set to prime yourself for the snatch.

The rest of the day has already been explained. I would like to note that the front squat is a recovery squat, so stick to the 7 RPE intensity suggestion. This should be an easy lift used to emphasize recovery and movement.

## DAY 3

For the front squat, performed all reps with a 5-second eccentric portion (the way down) and a 5-second pause in the bottom of the front squat.

Don't forget the AMRAP set on the strict press. Then for the snatch grip deadlift, this is to be performed at a deficit of two inches. This isn't a huge deficit, but it's all you need to increase the range of motion without causing bad positions. Don't forget to pause the first two reps for three seconds at the mid-shin.

## DAY 4

The only thing that I want to say about Day 4 is regarding the overhead squat. You will work up to 3 sets of 5 repetitions at 75% of your snatch - with the last set performed as an AMRAP set. I would stop one rep short of failure.

## DAY 5

We're going to be doing some triples in the snatch and then some push press "Mash Method" waves.

## DAY 6

We have another variation of a wave here with the front squats. Then we'll get into snatch pulls and end with RDLs from a deficit. For these, I would use a deficit of two to four inches for 3 sets of 8 reps - starting with an easy 7 RPE and ending with an 8 RPE. This is meant to acclimate your low back to the volume.

# WEEK 9 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	3RM (9 RPE)
Clean Pulls	4 x 3 (start at 95% and work up heavy)

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	3RM (9 RPE), then -10% for 3
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 3 sets of complex, then Max (9 RPE) for one set of complex
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Barbell Bentover Rows	4 x 6

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Clean (from blocks)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Rear Leg Elevated Split Squats (focus on vertical spine)	5RM each leg (2 sec pause at parallel), then -10% for 2 x 5 each leg (not paused)
Lasha Snatch Pulls	4 x 3 (start at 85% and work up heavy)

## DAY 4

Superset 1A: Snatch Push Press	73% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	73% for 3 x 1
Snatch	Work up to 83% for 2 x 1
Clean and Jerk	Work up to 83% for 2 x 1

## DAY 5

Snatch Warm Up	Work up to 65% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max (9 RPE)
Clean and Jerk Warm Up	Work up to 65% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max (9 RPE)
Push Presses	5RM, then -10% for 5
Superset 1A: Plate Front Raises	4 x 10
Superset 1B: Overhead Dumbbell Triceps	4 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	70% for 5 x 2
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4+
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 30 sec

# WEEK 10 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Clean and Jerk	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Front Squat	3RM (9 RPE)
Clean Pulls	4 x 3 (start at 98% and work up heavy)

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE), then -10% for 2
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	73% for 3 sets of complex, then Max (9 RPE) for one set of complex
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Barbell Bentover Rows	4 x 6

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 73% x 2, 78% x 1, 83% x 1 Set 2: (add 3-5 kg) 73% x 2, 78% x 1, 83% x 1
Clean (from blocks)	Set 1: 73% x 2, 78% x 1, 83% x 1 Set 2: (add 3-5 kg) 73% x 2, 78% x 1, 83% x 1
Rear Leg Elevated Split Squats (focus on vertical spine)	5RM each leg (2 sec pause at parallel), then -10% for 2 x 5 each leg (not paused)
Lasha Snatch Pulls	4 x 3 (start at 88% and work up heavy)

## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch	Work up to 85% for 2 x 1
Clean and Jerk	Work up to 85% for 2 x 1

## DAY 5

Snatch Warm Up	Work up to 68% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max
Clean and Jerk Warm Up	Work up to 68% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Push Presses	5RM, then -10% for 5
Superset 1A: Plate Front Raises	4 x 10
Superset 1B: Overhead Dumbbell Triceps	4 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	73% for 5 x 2
Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4+
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 35 sec

# WEEK 11 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	2RM (9 RPE)
Clean Pulls	95% for 3 x 3

## DAY 2

Back Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE)
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 4 sets of complex
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Barbell Bentover Rows	3 x 6

## DAY 3

Front Squat	1RM
Snatch (from short blocks, bar below knee)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Clean (from blocks)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Rear Leg Elevated Split Squats (focus on vertical spine)	90% of 5RM for 3 x 5 each leg
Lasha Snatch Pulls	3 x 3 (start at 85% and work up heavy)

## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch	Work up to 80% for 2 x 1
Clean and Jerk	Work up to 80% for 2 x 1

## DAY 5

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	1 Pull to Hip + Snatch: Max
Clean and Jerk Warm Up	Work up to 65% for 2 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Push Presses	90% of 5RM for 2 x 5
Superset 1A: Plate Front Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	70% for 3 x 2
Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3 Set 3: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3
Goodmornings	90% of 5RM for 3 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 25 sec



# WEEK 12 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Clean and Jerk	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Front Squat	1RM (stop at first miss or preferably before)
Clean Pulls	100% for 3 x 3

## DAY 2

Back Squat	1RM (8 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	1RM
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	75% for 3 sets of complex, then Max for one set of complex
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Barbell Bentover Rows	3 x 6

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 75% x 2, 80% x 1, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 1, 85% x 1
Clean (from blocks)	Set 1: 75% x 2, 80% x 1, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 1, 85% x 1
Rear Leg Elevated Split Squats (focus on vertical spine)	off
Lasha Snatch Pulls	90% for 3 x 3 (work up)

## DAY 4

Superset 1A: Snatch Push Press	78% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	78% for 3 x 1
Snatch	Work up to 88% for 2 x 1
Clean and Jerk	Work up to 88% for 2 x 1

## DAY 5

Snatch Warm Up	Work up to 70% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	Max
Clean and Jerk Warm Up	Work up to 70% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean and Jerk: Max
Push Presses	5RM
Superset 1A: Plate Front Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	75% for 5 x 2
Back Squat with Belt	Max, then -20% for 3
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 40 sec

In this block, the goal is to build to a maximum squat with some very heavy pulls. We will start to add in more of the Olympic lifts - but not quite as heavy. The frequency of squatting will be high at four times per week - and sometimes twice per workout. The volume is down, but the intensity and load are high. The goal is a new 1RM back squat and front squat.

Much of this is similar to what we've seen but I'll clarify a few noteworthy differences.

## **DAY 1**

The clean pulls will start at 95% of your max clean and jerk, and I expect you to increase the weight each set by three to five kilograms, building to a maximum set. I want you to go as heavy as possible as long as you maintain good clean technique (neutral spine, staying over the bar, and feet in complete contact with ground).

## **DAY 2**

The no-hook and no-feet snatches are great for bar path and timing. You will naturally keep the bar closer to the body or you will feel the bar coming out of your hand. You will also pull under the bar faster because you will feel that same feeling of the bar coming out of the hands if you focus too much on the shrug and pull.

I love the jerk exercise from this day. It's comprised of three reps: the first rep is paused in the dip and the catch, the second rep is paused in just the catch, and third rep is a regular jerk. These are great for nailing down the jerk positions. Most misses are caused

from a bad position in the dip and drive. The final rep is designed to take the positions and morph them into a perfect jerk.

Remember you should transfer your weight to the middle of your foot (whole foot) and maintain a perfectly vertical spine/torso during the dip - with shoulders protracted and elevated, elbows out and down, and ribs down. *Stacked* is a great cue.

Finally we end with a superset of DB or KB Push Presses, dumbbell triceps extension, and bentover rows. Coach McCauley thought that all athletes should spend time with dumbbell or kettlebell push press to encourage stability and symmetry.

## DAY 3

On this day we are going heavy. We will be working up to an all out max later in the block. Remember: the number one goal of this block is a new PR in the front squat and back squat.

The snatch and clean are from short blocks with the bar well below the knee. I am just giving the back a bit of rest for the heavier squats later in the week.

With the rear leg elevated split squats, I don't care if you use a barbell, safety squat bar, or even dumbbells. You are working to a 5RM, starting with the weakest leg. You'll go all the way down below parallel, pause, and then come up. This isometric contraction in the pause will stabilize the hips in this position, which will translate big in the jerk. Make sure you maintain a vertical spine so you can work the other hip while in complete extension. This is a great way to maintain back health per Kelly Starrett.

Lasha Pulls are named after the legendary heavyweight Lasha Talakhadze. Pyrros Dimas brought my attention to the way that Lasha does pulls, which is basically an exaggerated first pull never moving behind the bar at all for a second pull. This movement will strengthen the position (especially if you throw in some isometric contractions and slow eccentrics), and it teaches the athlete the movement. Your feet will stay flat on the floor, you'll stay over the bar, and you really just focus on extending the legs.

## **DAY 4**

This day is a light day designed to let the athlete recover and practice for tomorrow's Max Effort Day.

## **DAY 5**

We begin with a movement designed to warm the athlete up for the main movement and conquer movement flaws. The pause at the hip is designed to teach the athlete to push through the ground longer while staying over the bar for a better bar path and more powerful second pull.

We are going heavy with complexes designed to perfect movement. Remember this block is designed to peak your squats and perfect your movement in the Olympic lifts. This will pay off in the next two blocks - so don't sacrifice movement for weight.

The pulls to the hip are for the exact same reason as the warm up to stay over the bar longer while keeping your feet through the floor. And of course - remember the Golden Rule for these.

## DAY 6

We are getting heavier on these waves as we build toward a massive back squat. A note on the reverse planks: they are performed with your feet in a chair or on a bench with your back on the floor. You can hold a weight on your hips, and then pause at extension for the prescribed time.

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Clean and Jerk	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Back Squat	75% for 5 x 5
Snatch Pulls	4 x 3 (start at 95% and work up heavy)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 30 sec each leg

## DAY 2

Power Snatch	2RM
Power Clean	2RM
Jerk Complex from Rack	80% for 4 sets: Jerk (pause in catch) + Jerk (not paused). After all sets, 1RM (not paused)
Front Squat	1RM (8 RPE, paused 5 sec)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1
Clean (from Short Blocks)	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1
Front Squat	1RM (9 RPE, paused 3 sec), then -20% for 2 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	3RM, then -10% for 3

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	3RM, then -10% for 3
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat with Belt	5RM, then -10% for 2 x 5
Clean Deadlifts (from 2 in deficit)	5 RM (9 RPE), then -10% for 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, then 1RM if feeling good
Clean and Jerk	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, work up if no misses to second attempt only
Back Squat	90% of day six 5RM for 5 x 5
Snatch Pulls	4 x 3 (start at 98% and work up heavy)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 35 sec each leg

## DAY 2

Power Snatch	2RM
Power Clean	2RM
Jerk Complex from Rack	83% for 4 sets: Jerk (pause in catch) + Jerk (not paused). After all sets, 1RM (not paused)
Front Squat	1RM (9 RPE, paused 3 sec)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1
Clean (from Short Blocks)	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1
Front Squat	1RM (paused 1 sec), then -20% for 2 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	3RM, then -10% for 3

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	3RM, then -10% for 3
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat with Belt	5RM, then -15% for 2 x 5 (last set is 5+)
Clean Deadlifts (from 2 in deficit)	5 RM, then -10% for 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg



# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	Work to Opener
Clean and Jerk	Work to Opener
Back Squat	90% of day six 5RM for 3 x 5
Snatch Pulls	100% for 3 x 3
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 25 sec each leg

## DAY 2

Power Snatch	65% for 3 x 3
Power Clean	65% for 3 x 3
Jerk Complex from Rack	85% for 3 sets: Jerk (pause in catch) + Jerk (not paused)
Front Squat	1RM (8 RPE, paused 3 sec)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Clean (from Short Blocks)	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Front Squat	90% of 3RM for 3 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	90% of 3RM for 3 x 3

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Max Effort Competition Style	Max
Push Presses	2RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat with Belt	5RM
Clean Deadlifts (from 2 in deficit)	90% of 5RM for 2 x 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, then work to 1RM if feeling good
Clean and Jerk	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, then work to 1RM if feeling good
Back Squat	90% of day six 5RM for 5 x 5
Snatch Pulls	3 x 3 (start at 100% and work up heavy)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 40 sec each leg

## DAY 2

Power Snatch	1RM
Power Clean	1RM
Jerk Complex from Rack	1RM (not paused)
Front Squat	1RM
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	78% x 2, 83% x 2, 85% x 1, 80% x 2, 85% x 1, 88% x 1
Clean (from Short Blocks)	78% x 2, 83% x 2, 85% x 1, 80% x 2, 85% x 1, 88% x 1
Front Squat	1RM
Clean Pulls (stop when can't pull with clean technique)	3RM

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Max Effort Competition Style	Max
Push Presses	1RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat with Belt	5RM, then -10% for 2 x 5
Clean Deadlifts (from 2 in deficit)	3RM
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

This block is designed to emphasize the competition lifts. The volume will lean heavily toward the snatch and clean and jerk. The strength work is designed to maintain or slightly improve the squats, pulls, and presses. You don't want to go backward with the strength work, but it's not the emphasis. In this phase it's time to get ready for competition.

## DAY 1

Let me explain one very important aspect of this first day. The volume is fairly high in the snatch and clean and jerk because we want to perfect the movement. I am giving you the option to work up to a heavy 1RM if feeling good. Let me clarify what I mean by "if feeling good." You can work up only if you hit all your prescribed sets in a proficient and concise manner. If there are any misses, you are not to work up. If the bar speed isn't as fast as normal, don't work up. This is a great time to utilize velocity based equipment so you can take subjectivity out of the equation. Athletes will lie to themselves.

The back squat is straightforward. The 5 x 5 rep scheme is a great way to develop a bit of strength, but it isn't so much volume that it ruins your body for the sets and reps required in the competition lifts. We are still going heavy in the snatch pulls. I get this style of prescribing pulls directly from the Chinese. The goal is to work up as heavy as possible with the goal of maintaining perfect pull mechanics. The movement stops when technique breaks down.

The movement I want to explain in a bit of detail is the dual kettlebell overhead front foot elevated lunge holds. The goal is perfect posture, which is why I want the kettlebells held overhead. I

want you to make sure that your ribs are down and that you maintain a neutral spine. I don't want any excessive arching in the lumbar spine. The goal is a perfectly upright torso to maintain complete extension of the back hip.

Kelly Starrett mentioned to me that weightlifters and powerlifters load the hips in flexion and never in extension, causing a lot of major back and hip issues. Once we implemented movements similar to this one, a lot of our nagging low back issues went away. We are elevating the front foot to encourage a bit more range of motion. Feel free to not elevate if you can't manage all the other requirements of posture. The goal is to hold a parallel lunge position for 30 seconds per leg for 3 sets.

## DAY 2

At this point in the program, we are not using a lot of fancy complexes that can make things a bit complicated. We are using the SAID principle for the most part and keeping things specific. This block is as close to the Bulgarian System as I get with my team. With my athletes who have been training for 7 or more years and have Olympic potential, they might spend more time in blocks like this one - and they might experience more sessions per week with some two-a-days.

The 2RMs in the power snatch and power clean are meant to be just that - I would prefer that you stop one set before failure. If you lose your mind just one day and take way too many attempts at any one movement, you can literally mess up weeks of training. Auto-regulation is the sign of an athlete who will succeed in this sport.

The jerks are a bit more specific with some work sets pausing in the catch plus a no pause rep. I really want you to perfect the position of the catch on that first rep. If you catch it out of position, I want you to adjust to the correct position before recovering. After the work sets, I am giving you the green light to work up to a 1RM. Once again, the Golden Rule applies for all heavy 1RM sets so don't miss. If you do miss, work back down and stop.

The front squat is what I call a recover squat. There is very little volume, and it is not meant to be heavy. The long pause is designed to encourage perfect positions in the bottom of a clean - and it is designed to stabilize that position, giving the athlete the ability to absorb lots of force.

The athlete finishes with an upper body superset. In weightlifting an athlete can never have too strong of a back or triceps. Both muscle groups are asked to stabilize massive amounts of weight in a lot of different positions.

## DAY 3

This is a lower volume day for the snatch and clean. The goal for this day is to get better at the movement, while letting the body heal up for a big Day 5. The front squat is heavy enough to keep that movement strong, but nowhere near a weight the athlete might potentially miss. There are a few down sets to keep the volume high enough to avoid any loss of muscle mass or strength. The clean pulls are heavy once again with the athlete stopping the minute form breaks down or whenever the athlete feels like more weight will possibly break their form.

## DAY 5

I am having you take Day 4 off in this block for some extra recovery time to heal up after the long 12 weeks of strength work. Day 5 is our max effort day. This day falls on Friday for us but feel free to match this heavy day up with a day that makes sense for you and/or your team. This day is straightforward. I am asking you to max out in the snatch and clean and jerk. I recommend treating this day like a meet. By that I mean start experimenting with the type of warm up you will use at the meet. I recommend giving yourself three attempts just like in a meet, so you can start devising a strategy. Don't kid yourself either - and by that I mean you are going to play like you practice. If you are missing a weight you want to be your opener, then that's not a good choice as an opener.

We finish out Max Out Friday with push presses that will peak as well toward the end of this block. Push presses are an imperative movement for any weightlifter or strength athlete. We end with some upper body super sets of dumbbell shoulder triangles and dips. The shoulder triangles are a great stabilization exercise for weightlifters. The movement is performed like the following:

1. Perform a normal lateral raise (horizontal shoulder abduction).
2. With your arm held straight out to the side, perform horizontal shoulder flexion by bringing the arm around in front of the body.
3. Lower the arm in front of the body.
4. Perform forward shoulder flexion (raise the arms straight in front of the body).
5. Perform horizontal shoulder extension by bringing the arms around to the side once again.
6. Lower the arms down to the original starting position to the side of the body.

This is one repetition in the dumbbell shoulder triangle exercise. It sounds like a lot, but it's just a shoulder exercise. This movement will keep the shoulders strong and stable, which is crucial for weightlifting, powerlifting, or any sport.

## DAY 6

This is the day designed to keep the athlete strong and to possibly even add some strength in these crucial weeks leading up to a meet. We are going heavy in the back squat with 5RMs, which are great for building strength and adding muscle.

The clean deadlifts should maintain the pulling mechanics related to the clean. I don't care which movement you choose for leg curls. The key is to keep knee flexion in the equation to avoid a lot of knee pain. Constantly performing knee extension with tons of squats, cleans, and pulls can create an imbalance if there is not enough knee flexion. That imbalance can put stress on the patellar tendon and cause pain. The front foot elevated lunge holds are to be performed like the lunge holds on Day 1 minus the kettlebells overhead. If able, simply hold a dumbbell or kettlebell for added resistance.

# WEEK 17 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	2 sets: third from last warm up x 1, second from last warm up x 1, last warm up x 1
Clean and Jerk Warm Up	Work up to 65% for 2 sets: Clean Pull to Hip (paused 3 sec) + Clean + Jerk
Clean and Jerk	2 sets: third from last warm up x 1, second from last warm up x 1, last warm up x 1
Clean Pulls (from short blocks)	4 x 3 (start at 95% and work up heavy)

## DAY 2

Power Snatch (*see Golden Rule)	65% for 3 x 2, then 1RM (9 RPE)
Power Clean Complex (*see Golden Rule)	off
Jerk from Rack (*see Golden Rule)	1RM
Back Squat	83% for 5 x 3
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Clean	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Front Squat	1RM (9 RPE, paused 1 sec), then -20% for 3 (not paused)
Snatch Pulls (from short blocks)	4 x 3 (start at 95% and work up heavy)

## DAY 4

Snatch	Work up to 80% for 2 x 1
Clean and Jerk	Work up to 80% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	70% for 5 x 2
Back Squat with Belt	3RM, then -10% for 2 x 3
Lasha Snatch Pulls	5 x 3 (start at 88% and work up)
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	4 x 8 each leg (work up to 8 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10



# WEEK 18 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 68% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	2 sets: second from last warm up x 1, last warm up x 1, Opener x 1
Clean and Jerk Warm Up	Work up to 68% for 2 sets: Clean Pull to Hip (paused 3 sec) + Clean + Jerk
Clean and Jerk	2 sets: second from last warm up x 1, last warm up x 1, Opener x 1
Clean Pulls (from short blocks)	4 x 3 (start at 98% and work up heavy)

## DAY 2

Power Snatch (*see Golden Rule)	68% for 3 x 2, then 1RM
Power Clean Complex (*see Golden Rule)	off
Jerk from Rack (*see Golden Rule)	1RM
Back Squat	90% of day six 3RM for 5 x 3
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Clean	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Front Squat	1RM (paused 1 sec), then -20% for 3 (not paused)
Snatch Pulls (from short blocks)	4 x 3 (start at 98% and work up heavy)

## DAY 4

Snatch	Work up to 83% for 2 x 1
Clean and Jerk	Work up to 83% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	73% for 5 x 2
Back Squat with Belt	3RM, then -10% for 2 x 3
Lasha Snatch Pulls	5 x 3 (start at 90% and work up)
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	4 x 8 each leg (work up to 9 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 19 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	Opener for 2 x 1
Clean and Jerk Warm Up	Work up to 65% for 2 sets: Clean Pull to Hip (paused 3 sec) + Clean + Jerk
Clean and Jerk	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1
Clean Pulls (from short blocks)	3 x 3 (start at 100% and work up heavy)

## DAY 2

Power Snatch (*see Golden Rule)	70% for 5 x 2 (work up a bit, no more than 8 RPE)
Power Clean Complex (*see Golden Rule)	70% for 5 sets: Power Clean + Power Jerk (work up a bit, no more than 9 RPE)
Jerk from Rack (*see Golden Rule)	off
Back Squat	90% of day six 1RM for 3 x 3
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 1, 78% x 1, 83% x 1
Clean	70% x 2, 75% x 2, 80% x 1, 73% x 1, 78% x 1, 83% x 1
Front Squat	1RM (9.5 RPE)
Snatch Pulls (from short blocks)	off

## DAY 4

Snatch	off
Clean and Jerk	off

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	78% for 3 x 1
Back Squat with Belt	3RM (9 RPE), the -10% for 3
Lasha Snatch Pulls	90% for 5 x 3
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	3 x 6 each leg (work up to 8 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

This block is designed to peak the snatch and clean and jerk. It is also designed to develop a strategy for meet day. The focus is going to be the competition lifts. There should be zero misses in any of the strength movements. Working to failure in the squat, for example, can set an athlete back days or weeks with recovery time - so be extra smart during this crucial time.

## DAY 1

We are using particular complexes as warm ups for the main lifts to allow the athletes to dial in their mechanics before getting to the main percentages. From there we are no longer programming percentages, but instead we are talking in actual warm up attempts or competition attempts. If you are making these attempts with no problem, you are on the right track. If you are experiencing lots of misses, you might want to reconsider your strategy.

The waves are prescribed for two reasons. First, we are using post-activation potentiation to improve the mechanics of the second wave. Second, these waves condition the athlete for the potential of this very thing in competition. In a lot of meets, an athlete will perform their opening lift, jump 3-5 kilograms for their second attempt, and then find themselves 12 attempts out. At this point, the athlete has to wave down and back up to stay warmed up or they will grow cold before their second attempt. We use waves a lot to condition our athletes.

## DAY 2

This day will have some heavy attempts at the power snatch and the jerk for the first couple of weeks. Then we phase out the

jerk and only work in power cleans and power jerks. Power jerks are a great movement for improving an athlete's split jerk. Power jerks are great for developing a perfectly vertical dip and drive.

We have now placed the squat here instead of Day 1, allowing us to emphasize the snatch and clean and jerk on that day. I have found that keeping squats in on Day 1 can be too mentally taxing for most athletes. The 5 x 3 nature of the squat protocol is designed to maintain the absolute strength developed in the weeks before. For some, it might be enough for added strength. You can see in this day we are keeping the upper body hypertrophy work in the equation, but the movements chosen are easier movements to recover from (like the band triceps extension). These will leave your triceps pumped - but not sore the next day. That leaves your triceps recovered for the main priority of the block, which is a maximum snatch and clean and jerk.

## **DAY 3**

Nothing fancy in this day, just some lesser volume snatches and cleans. The front squats are very similar to the high intensity / high frequency block with less of a pause. We are still pulling, but now we are pulling from blocks. This is meant to protect the back and allow it to recover for Day 5.

## **DAY 4**

Day 4 is basically active recovery with some low volume and light intensity snatch and clean and jerk. The goal is to stay fresh for Day 5.

## DAY 5

Max Out Friday, baby!

There's nothing complicated about this, but I encourage you to treat this like a competition - remembering the Golden Rule. The upper body work is designed to pump and to be easily recovered from. Bands are great for this time of the year because they lower in intensity when the muscle is lengthened. This style of training causes very little muscle damage but still causes good amounts of metabolic stress (the pump).

## DAY 6

We have added in the no-hook no-feet snatches to keep the timing and bar path crisp as the athlete approaches competition. We are still going fairly heavy in the back squat on this day in the hopes of at least maintaining all the strength we developed earlier in the program (and for some, building even more strength).

# WEEK 20 (TAPER)

## DAY 1

Snatch	Opener + Second Attempt (if feeling fast)
Clean and Jerk	Opener only
Front Squat with Belt	80% for 2 x 2, 83% for 2 x 2, 85% for 2 x 1

## DAY 2

Snatch	Work up to 75% for 2 x 2
Clean and Jerk	Work up to 75% for 2 x 2
Front Squat with Belt	1RM (7 RPE, 5 sec pause)
Superset 1A: Band Triceps Pushdowns	3 x 15
Superset 1B: Rows (bands, cables, kettlebells, etc)	3 x 10

## DAY 3

Snatch	Opener
Clean Complex	Clean and Jerk last warm up
Front Squat	80% for 3 x 3

## DAY 4

Snatch	Work up to 70% for 2 x 2
Clean and Jerk	Work up to 70% for 2 x 2

## DAY 5

	Off
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## DAY 6

Snatch Max Effort	Max
Clean and Jerk Max Effort	Max

This is where the magic happens. We keep the intensity high enough to keep the movement fresh in the athlete's brain, but the volume is lowered drastically to allow for super compensation. The goal is total recover for a perfect competition.

Of course this program is designed around a Saturday meet day. If you compete on a different day, just adjust the days up or down. Most athletes prefer to take the day before a meet completely off. I encourage them to spend 30 minutes at least performing dynamic warm ups and bar work, so they don't come into a meet day feeling stiff. Taking notes on each athlete and tweaking a bit each competition can perfect this process. When something works perfectly for an athlete, repeat the process until it stops working. How's that for scientific?



# **OLYMPIC WEIGHTLIFTING (LOWER VOLUME)**

One of the crucial variables you need to dial in as a coach or an athlete is the right volume level for a program. Greater volume will yield more gains... as long as you can recover properly. Some athletes simply aren't able to handle a lot of volume. Other athletes may have to opt for a lower volume version if they don't have a lot of time to spend in the gym. Here's a variant of my previous Olympic weightlifting program with lower volume with athletes like these in mind.



# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Dumbbell Bench Press	5 x 10 (6-8.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM (9 RPE, 5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Off
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## DAY 4

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max (9 RPE)
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max (9 RPE)
Strict Press (5 sec eccentric)	5RM, then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10

## DAY 5

Back Squat with Belt	63% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	4 x 10

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Dumbbell Bench Press	5 x 10 (6-8.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM (5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Off
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## DAY 4

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max
Strict Press (5 sec eccentric)	5RM, then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10

## DAY 5

Back Squat with Belt	65% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 6 x 2
Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
Dumbbell Bench Press	3 x 10 (6-7.5 RPE)
Dips	4 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Off
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## DAY 4

Snatch Complex	Snatch (with pause at knee) + Snatch: Max (9 RPE)
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max (9 RPE)
Strict Press (5 sec eccentric)	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10

## DAY 5

Back Squat with Belt	68% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	3 x 10

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
Dumbbell Bench Press	5 x 10 (6-9 RPE)
Dips	5 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Front Squat	3RM, then -15% for 3+ (no misses)
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Off
-----

## DAY 4

Snatch Complex	Snatch (with pause at knee) + Snatch: Max
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max
Strict Press (5 sec eccentric)	3RM, then -10% for 3
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10

## DAY 5

Back Squat with Belt	70% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 5 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Off
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## DAY 3

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (8 RPE, no misses), then -10% for 2 x 3
Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9 RPE), then -10% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Off
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## DAY 5

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 75% of snatch)
Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Push Presses	Set 1: 80% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 60% x 10

## DAY 6

Front Squat	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)
Unilateral Farmer's Walk	3 x 25 yd each hand

# WEEK 6 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Cleans (from blocks)	68% for 2 x 3, 73% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Off
-----

## DAY 3

Snatch (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (9 RPE, no misses), then -10% for 2 x 3
Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9.5 RPE), then -10% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Off
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## DAY 5

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 78% of snatch)
Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Push Presses	Set 1: 83% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 83% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 83% x 3, rest two minutes, then 63% x 10

## DAY 6

Front Squat (add 5-10 lb if all reps and sets were completed last week)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 9 RPE)
Unilateral Farmer's Walk	3 x 25 yd each hand

# WEEK 7 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	30% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3
Back Squat with Belt	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Goodmornings (strap-supported or regular)	90% of 5RM for 3 x 5

## DAY 2

Off
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## DAY 3

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Snatch (from blocks, bar at knee)	90% of 3RM for 3 x 3
Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	90% of 3RM for 3 x 3
Strict Presses	90% of 3RM for 3 x 5
Superset 1A: Axle Bar Incline Bench Press	3 x 10
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Off
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## DAY 5

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 70% of snatch)
Snatch Max Effort	2RM (9 RPE), then -10% for 2
Clean and Jerk Max Effort	2RM (9 RPE), then -10% for 2
Push Presses	Set 1: 80% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weight) 80% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weight) 80% x 3, rest two minutes, then 60% x 10

## DAY 6

Front Squat	63% x 8, 73% x 5, 83% x 3, 88% x 1, 83% x 3, 75% x 5
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	90% of 5RM for 3 x 5 (first two reps paused 3 sec)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)
Unilateral Farmer's Walk	3 x 20 yd each hand

# WEEK 8 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	33% x 3, 38% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Cleans (from blocks)	Max (single)
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Goodmornings (strap-supported or regular)	5RM (9 RPE)

## DAY 2

Off
-----

## DAY 3

Snatch (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Snatch (from blocks, bar at knee)	3RM, then -10% for 3
Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	1RM, then -15% for 2 x 3 (all paused)
Strict Presses	5RM, then -15% for 5+
Superset 1A: Axle Bar Incline Bench Press	3 x 10
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Off
-----

## DAY 5

Warm Up with Overhead Squat Variations	2 Snatch Grip Push Presses + 1 Overhead Squat (work up to 70% of snatch)
Snatch Max Effort	2RM
Clean and Jerk Max Effort	2RM
Push Presses	Set 1: 85% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 85% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 85% x 3, rest two minutes, then 65% x 8

## DAY 6

Front Squat (add 5-10 lb to week 2 weight if all reps and sets were completed)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first rep paused 1 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	8RM (9.5 RPE), then -15% for 2 x 8
Unilateral Farmer's Walk	3 x 30 yd each hand



# WEEK 9 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	3RM (9 RPE)
Clean Pulls	4 x 3 (start at 95% and work up heavy)

## DAY 2

Off
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## DAY 3

Front Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	3RM (9 RPE), then -10% for 3
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 3 sets of complex, then Max (9 RPE) for one set of complex
Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Barbell Bentover Rows	3 x 6

## DAY 4

Off
-----

## DAY 5

Snatch Warm Up	Work up to 65% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max (9 RPE)
Clean and Jerk Warm Up	Work up to 65% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max (9 RPE)
Push Presses	5RM, then -10% for 5
Superset 1A: Plate Front Raises	4 x 10
Superset 1B: Overhead Dumbbell Triceps	4 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	70% for 5 x 2
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4+
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 30 sec

# WEEK 10 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Clean and Jerk	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Front Squat	3RM (9 RPE)
Clean Pulls	4 x 3 (start at 98% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Front Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE), then -10% for 2
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	73% for 3 sets of complex, then Max (9 RPE) for one set of complex
Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Barbell Bentover Rows	3 x 6

## DAY 4

Off
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## DAY 5

Snatch Warm Up	Work up to 68% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max
Clean and Jerk Warm Up	Work up to 68% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Push Presses	5RM, then -10% for 5
Superset 1A: Plate Front Raises	4 x 10
Superset 1B: Overhead Dumbbell Triceps	4 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	73% for 5 x 2
Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4+
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 35 sec

# WEEK 11 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: 75% x 2, 80% x 2, 85% x 1
Front Squat	2RM (9 RPE)
Clean Pulls	95% for 3 x 3

## DAY 2

Off
-----

## DAY 3

Front Squat	1RM
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE)
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 4 sets of complex
Back Squat	1RM (9RPE)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Barbell Bentover Rows	3 x 6

## DAY 4

Off
-----

## DAY 5

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	1 Pull to Hip + Snatch: Max
Clean and Jerk Warm Up	Work up to 65% for 2 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Push Presses	90% of 5RM for 2 x 5
Superset 1A: Plate Front Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	70% for 3 x 2
Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3 Set 3: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3
Goodmornings	90% of 5RM for 3 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 25 sec

# WEEK 12 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Clean and Jerk	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Front Squat	1RM (stop at first miss or preferably before)
Clean Pulls	100% for 3 x 3

## DAY 2

Off
-----

## DAY 3

Front Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	1RM
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	75% for 3 sets of complex, then Max for one set of complex
Back Squat	1RM (8 RPE)
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Barbell Bentover Rows	3 x 6

## DAY 4

Off
-----

## DAY 5

Snatch Warm Up	Work up to 70% for 3 sets: Snatch Pull to Hip (paused 1 sec) + Snatch + Overhead Squat
Snatch Max Effort Competition Style (*see Golden Rule)	Max
Clean and Jerk Warm Up	Work up to 70% for 3 sets: Clean Pull to Hip (paused 1 sec) + Clean + Jerk
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Max
Push Presses	5RM
Superset 1A: Plate Front Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (zero misses allowed)	75% for 5 x 2
Back Squat with Belt	Max, then -20% for 3
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10
Superset 1B: Reverse Planks	3 x 40 sec

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Clean and Jerk	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Back Squat	75% for 5 x 5
Lasha Snatch Pulls	4 x 3 (start at 85% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Power Snatch	2RM
Jerk Complex from Rack	80% for 4 sets: Jerk (pause in catch) + Jerk (not paused). After all sets, 1RM (not paused)
Front Squat	1RM (9 RPE, paused 5 sec) , then -20% for 2 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	3RM, then -10% for 3
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	3RM, then -10% for 3
Dumbbell Shoulder Triangles	3 x 10

## DAY 6

Back Squat with Belt	5RM, then -10% for 2 x 5
Clean Deadlifts (from 2 in deficit)	5RM (9 RPE), then -10% for 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, then 1RM if feeling good
Clean and Jerk	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, work up if no misses to second attempt only
Back Squat	90% of day six 5RM for 5 x 5
Lasha Snatch Pulls	4 x 3 (start at 88% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Power Snatch	2RM
Jerk Complex from Rack	83% for 4 sets: Jerk (pause in catch) + Jerk (not paused). After all sets, 1RM (not paused)
Front Squat	1RM (paused 3 sec), then -20% for 2 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	3RM, then -10% for 3
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	3RM, then -10% for 3
Dumbbell Shoulder Triangles	3 x 10

## DAY 6

Back Squat with Belt	5RM, then -10% for 2 x 5 (last set is 5+)
Clean Deadlifts (from 2 in deficit)	5RM, then -10% for 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	Work to Opener
Clean and Jerk	Work to Opener
Back Squat	90% of day six 5RM for 3 x 5
Lasha Snatch Pulls	3 x 3 (start at 85% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Power Snatch	65% for 3 x 3
Jerk Complex from Rack	85% for 3 sets: Jerk (pause in catch) + Jerk (not paused)
Front Squat	90% of 3RM for 3 x 3 (not paused)
Clean Pulls (stop when can't pull with clean technique)	90% of 3RM for 3 x 3
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	2RM
Dumbbell Shoulder Triangles	3 x 10

## DAY 6

Back Squat with Belt	5RM
Clean Deadlifts (from 2 in deficit)	90% of 5RM for 2 x 5
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, then work to 1RM if feeling good
Clean and Jerk	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, then work to 1RM if feeling good
Back Squat	90% of day six 5RM for 5 x 5
Lasha Snatch Pulls	3 x 3 (start at 90% and work up)

## DAY 2

Off
-----

## DAY 3

Power Snatch	1RM
Jerk Complex from Rack	1RM (not paused)
Front Squat	1RM
Clean Pulls (stop when can't pull with clean technique)	3RM
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Push Presses	1RM
Dumbbell Shoulder Triangles	3 x 10

## DAY 6

Back Squat with Belt	5RM, then -10% for 2 x 5
Clean Deadlifts (from 2 in deficit)	3RM
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg



# WEEK 17 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	2 sets: third from last warm up x 1, second from last warm up x 1, last warm up x 1
Clean and Jerk	2 sets: third from last warm up x 1, second from last warm up x 1, last warm up x 1
Front Squat	1RM (9 RPE, paused 1 sec), then -20% for 3 (not paused)
Clean Pulls (from short blocks)	3 x 3 (start at 95% and work up heavy)

## DAY 2

Off
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## DAY 3

Power Snatch (*see Golden Rule)	65% for 3 x 2, then 1RM (9 RPE)
Power Clean Complex (*see Golden Rule)	off
Jerk from Rack (*see Golden Rule)	1RM
Back Squat	83% for 5 x 3

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Bentover Rows	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (no misses allowed)	70% for 5 x 2
Back Squat with Belt	3RM, then -10% for 2 x 3
Lasha Snatch Pulls	5 x 3 (start at 88% and work up)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 18 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 68% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	2 sets: second from last warm up x 1, last warm up x 1, Opener x 1
Clean and Jerk	2 sets: second from last warm up x 1, last warm up x 1, Opener x 1
Front Squat	1RM (paused 1 sec), then -20% for 3 (not paused)
Clean Pulls (from short blocks)	3 x 3 (start at 98% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Power Snatch (*see Golden Rule)	68% for 3 x 2, then 1RM
Power Clean Complex (*see Golden Rule)	off
Jerk from Rack (*see Golden Rule)	1RM
Back Squat	90% of day six 3RM for 5 x 3

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Bentover Rows	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hook No Feet Snatch (no misses allowed)	73% for 5 x 2
Back Squat with Belt	3RM, then -10% for 2 x 3
Lasha Snatch Pulls	5 x 3 (start at 90% and work up)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 19 (PEAK)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: Snatch Pull to Hip (paused 3 sec) + Snatch
Snatch	Opener for 2 x 1
Clean and Jerk	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1
Front Squat	1RM (9.5 RPE)
Clean Pulls (from short blocks)	3 x 3 (start at 100% and work up heavy)

## DAY 2

Off
-----

## DAY 3

Power Snatch (*see Golden Rule)	70% for 5 x 2 (work up a bit, no more than 8 RPE)
Power Clean Complex (*see Golden Rule)	70% for 5 sets: Power Clean + Power Jerk (work up a bit, no more than 9 RPE)
Jerk from Rack (*see Golden Rule)	off
Back Squat	90% of day six 1RM for 3 x 3

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Superset 1A: Bentover Rows	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

No Hang No Feet Snatch (no misses allowed)	78% for 3 x 1
Back Squat with Belt	3RM (9 RPE), the -10% for 3
Lasha Snatch Pulls	90% for 5 x 3
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 20 (TAPER)

## DAY 1

Snatch	Opener + Second Attempt (if feeling fast)
Clean and Jerk	Opener only
Front Squat with Belt	80% for 2 x 2, 83% for 2 x 2, 85% for 2 x 1

## DAY 2

Snatch	Work up to 75% for 2 x 2
Clean and Jerk	Work up to 75% for 2 x 2
Front Squat with Belt	1RM (7 RPE, 5 sec pause)
Superset 1A: Band Triceps Pushdowns	3 x 15
Superset 1B: Rows (bands, cables, kettlebells, etc)	3 x 10

## DAY 3

Snatch	Opener
Clean Complex	Clean and Jerk last warm up
Front Squat	80% for 3 x 3

## DAY 4

Snatch	Work up to 70% for 2 x 2
Clean and Jerk	Work up to 70% for 2 x 2

## DAY 5

	Off
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## DAY 6

Snatch Max Effort	Max
Clean and Jerk Max Effort	Max

# POWERLIFTING

This is a sport of absolute strength, so there isn't really a separation between strength and power. Obviously the ability to produce power is important - but only as it relates to a one-rep max. In this powerlifting program, we focus more on maximizing hypertrophy throughout the first 12 weeks, peaking the athlete's one-rep max with more frequency, spending more time in the lower rep ranges (singles, double, and triples), and letting the athlete heal up during the peak and taper. All of that should lead to a nice new personal record in all three lifts.

# WEEK 1 (ACCUMULATION)

## DAY 1

Front Squat	80% for 10 x 3
Barbell Hyperextensions	4 x 8
TRX Leg curls	5 x 10

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 3
Pull-Ups	5 x submaximal (switch grip each set, weak to strong)
Dumbbell or Kettlebell Upright Rows	5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)

## DAY 3

Sumo Deadlifts	5RM (eccentric slower than concentric), then -10% for 2 x 5
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	10RM each leg (8 RPE, start with weak leg), then -10% for 2 x 10
Suitcase Deadlifts with Farmer's Walk apparatus (from 4 inch deficit)	4 x 8 each arm
Unilateral Farmer's Walk	3 x 20 yards each arm

## DAY 4

Close Grip Bench Press	60% for 5 x 10
Dumbbell Incline Bench Press	4 x 10
Bentover Rows	60% for 5 x 10
Kettlebell Bottom Up Z Press	3 x 10 each arm

## DAY 5

High Bar Back Squat	65% for 10 x 10
Seated Band Leg Curls	4 x 12

# WEEK 2 (ACCUMULATION)

## DAY 1

Front Squat	80% for 10 x 4
Barbell Hyperextensions	4 x 8
TRX Leg curls	5 x 10

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 4
Pull-Ups	5 x submaximal (switch grip each set, weak to strong)
Dumbbell or Kettlebell Upright Rows	5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)

## DAY 3

Sumo Deadlifts	5RM (eccentric slower than concentric), then -10% for 2 x 5
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric)	10RM each leg (9 RPE, start with weak leg), then -10% for 2 x 10
Suitcase Deadlifts with Farmer's Walk apparatus (from 4 inch deficit)	4 x 8 each arm
Unilateral Farmer's Walk	3 x 20 yards each arm

## DAY 4

Close Grip Bench Press	65% for 5 x 10
Dumbbell Incline Bench Press	4 x 10
Bentover Rows	65% for 5 x 10
Kettlebell Bottom Up Z Press	3 x 10 each arm

## DAY 5

High Bar Back Squat	68% for 10 x 10
Seated Band Leg Curls	4 x 12

The goal of this accumulation phase is to prepare the body for what's to come. We use movements either totally or slightly different from the competition lifts, giving the joints a break from the movements they will be performing throughout the rest of their powerlifting programming. The primary goal is to stimulate a hypertrophic response early on that will be continued throughout the first twelve weeks.

In *Mash Jacked*, I explained this in more detail - but there are three programming factors that trigger muscle gain: mechanical loading (going heavy), metabolic stress (getting a pump), and muscle damage (micro-tears from strenuous movements).

With our focus on hypertrophy in the first weeks, the volume will be high. We will be taking you to near failure a lot to focus on mechanical loading. There will be lots of metabolic stress and muscle damage - so get ready for the pump and get ready to be sore. The key is to endure these first few weeks so you create the biggest impact on muscle growth. This will result in PRs later on in the program.

## DAY 1

On this day, we are focusing on a higher intensity with a lower rep scheme, but the overall volume is still high with the 10 sets of 3 reps. Barbell hyperextensions are great for strengthening the spinal extensors, glutes, and hamstrings. The other benefit is this exercise creates a lot less muscle damage compared to like RDLs or goodmornings. Therefore, it's easier to recover from them, allowing for more frequency. It's all about strategy really.



The TRX leg curls are a great way to work the hamstrings, glutes, and lumbar area. Leg curls aren't going to add a lot of kilos to an athlete's squat, but they will keep the knees healthy. If you only focus on knee extension with little or no flexion, the quads will begin to tighten - causing some patella issues.

## DAY 2

Here we are using the wide grip bench press much in the same way as the front squat above. The pull-up is one of the best exercises on earth. Before we feel the need to go into the debate between whether the lats are important or not, I want to ask you a question: have you ever seen a really good strength athlete with a weak back? I haven't. I will add that keeping the arms in extension and adduction is pretty important during pulling movements, but that's as far as I am going in that debate.

Submaximal reps are great to prescribe for bodyweight movements like dips and pull-ups. Not everyone can bang out 5 sets of 10 reps - but as long as you are taking things to near maximum, you are going to elicit a major hypertrophic response. If you are able to pump out more than ten repetitions, I recommend adding weight, either with a vest or holding weight with your legs. I prescribed the exact same thing for the dips in this section.

What happens if you can't perform a pull-up? I recommend substituting in pull-up holds. That's where the athlete hangs from the bar with the bar held tightly against the chest for maximal contraction. Hold for as long as possible, followed by a slow and controlled eccentric lowering all the way to full extension. You can either go for maximal hang time on one big repetition or go for

several submaximal hang times. The key is going to be a focused progressive overload, so make sure you track times and volume.

## DAY 3

Day 3 features the deadlift, and I need to clarify something: I want you to use the opposite stance from what you normally use to deadlift. I assumed that most of you are conventional deadlifters, which is why I have prescribed sumo deadlifts here. If you happen to deadlift with a sumo stance, I recommend using a conventional stance during this day. For hypertrophy's sake I am asking you to take this movement to failure, but stopping one set prior to failure is optimal. High repetitions with the deadlift are useless unless you add in an eccentric component. Otherwise, I suggest using singles only. If you want to make the muscles that support the deadlift bigger and stronger, control the eccentric portion of the high repetitions.

We used unilateral squats with slow eccentrics and with the safety squat bar in the weightlifting program as well. The slow eccentric is for added control in the deceleration phase and is going to provide more hypertrophic qualities to this movement. I put two of my female lifters through an eccentric phase and isometric phase of training because both of them were hypermobile with zero eccentric control. It was hard to add any kilos to their squat until we started using this style of training. Both of them hit substantial personal records after the phases. Then we added more eccentrics and isometrics to all programs with much success.

The suitcase deadlifts and the unilateral carries are both great movements for stabilizing the back and pelvis. The unilateral component is a great way to strengthen the internal and external obliques in a functional way, leading to stability under load. You

will also strengthen the quadratus lumborum, which can be a bothersome muscle if not addressed. Healthy hips will equal a healthy spine in most cases.

## **DAY 4**

Now we are focusing on the high-repetition component of hypertrophy, which will cause some gnarly metabolic stress (the pump). All of these movements are well known, except maybe the kettlebell bottom up Z press. This movement is performed sitting on the ground with your legs straight out in front of you and toes pointed. You can use one or two kettlebells at a time with the bell (the round fatter portion) facing up. This makes it harder to control the kettlebell. The goal is to maintain a perfect posture while pressing the kettlebell. This is a great movement for emphasizing proper posture and scapula control.

## **DAY 5**

You know what this is. Here we have more German volume training. There's one goal here - and that is gaining muscle. Let's get big!

I am not prescribing a lot of accessory work because you aren't going to be able to perform very much volume after 10 sets of 10 reps on the back squat. I am programming in high bar squats to emphasize full range of motion at the knee for maximal quad growth. I am trying to build some Ronnie Coleman lookalikes during this phase.

# WEEK 3 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	78% for 5 x 5
SS Bar Unilateral Goodmornings	4 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	78% for 5 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	8RM, then -15% for 2 x 8 (last set is 8+)
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric), then -10% for 2 x 5
SS Bar Unilateral Rear Leg Elevated Split Squats (5 sec eccentric)	6RM each leg (8 RPE, start with weak leg), then -10% for 2 x 6 each leg
Reverse Hypers	3 x 45 sec
Flat Fat Grip Dumbbell Bench Press	5 x 10 (choose a weight that is comfortably completed for 10 reps)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Back Squat with Belt	Set 1: 80% x 2, rest two minutes, then 65% x 6 Set 2: (add 5 kg to first set only if possible) 80% x 2, rest two minutes, then 65% x 6 Set 3: (add 5 kg to first set only if possible) 80% x 2, rest two minutes, then 65% x 6
Deadlifts Max Effort	5RM (off short blocks)
Pull-Throughs (with bands or cables)	3 x 15
Pull-Ups	3 x submaximal

# WEEK 4 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	80% for 6 x 4
SS Bar Unilateral Goodmornings	4 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	80% for 5 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	8RM, then -15% for 2 x 8 (last set is 8+)
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric), then -10% for 2 x 5
SS Bar Unilateral Rear Leg Elevated Split Squats (5 sec eccentric)	6RM each leg (9 RPE, start with weak leg), then -10% for 2 x 6 each leg
Reverse Hypers	3 x 50 sec
Flat Fat Grip Dumbbell Bench Press	5 x 10 (if all reps last week completed, add 5-10 lb)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 78% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Back Squat with Belt	Set 1: 83% x 2, rest two minutes, then 68% x 6 Set 2: (add 5 kg to first set only if possible) 83% x 2, rest two minutes, then 68% x 6 Set 3: (add 5 kg to first set only if possible) 83% x 2, rest two minutes, then 68% x 6+
Deadlifts Max Effort	3RM (off short blocks)
Pull-Throughs (with bands or cables)	3 x 15
Pull-Ups	3 x submaximal

# WEEK 5 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	75% for 5 x 5
SS Bar Unilateral Goodmornings	3 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	75% for 3 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	90% of 8RM for 2 x 8
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric)
SS Bar Unilateral Rear Leg Elevated Split Squats (5 sec eccentric)	90% of 6RM each leg for 3 x 6
Reverse Hypers	3 x 30 sec
Flat Fat Grip Dumbbell Bench Press	3 x 10 (use week one weight)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Back Squat with Belt	Set 1: 80% x 1, rest two minutes, then 65% x 5 Set 2: (do not increase weight) 80% x 1, rest two minutes, then 65% x 5 Set 3: (do not increase weight) 80% x 1, rest two minutes, then 65% x 5
Deadlifts Max Effort	5RM (off floor)
Pull-Throughs (with bands or cables)	3 x 15
Pull-Ups	3 x submaximal

# WEEK 6 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	83% for 3 x 5
SS Bar Unilateral Goodmornings	3 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	83% for 3 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	5RM, then -15% for 2 x 5 (last set is 5+)
Seated Dumbbell Shoulder Press	3 x 6
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Deadlifts (from 2 inch deficit)	3RM (eccentric slower than concentric), then -10% for 2 x 3
SS Bar Unilateral Rear Leg Elevated Split Squats (5 sec eccentric)	5RM each leg (start with weak leg), then -10% for 2 x 5 each leg
Reverse Hypers	3 x 60 sec
Flat Fat Grip Dumbbell Bench Press	5 x 10 (if all reps from week two completed, add 5 lb)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 80% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Back Squat with Belt	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (add 5 kg to first set only if possible) 85% x 1, rest two minutes, then 70% x 5 Set 3: (add 5 kg to first set only if possible) 85% x 1, rest two minutes, then 70% x 5
Deadlifts Max Effort	3RM (off floor)
Pull-Throughs (with bands or cables)	3 x 15
Pull-Ups	3 x submaximal

This phase is a bit more specific. We are getting into the competition movements low bar squats, competition grip benches, and competition stance deadlifts. The emphasis is still hypertrophy, but some of the repetitions are going to start to drop to begin preparing the nervous system for heavier loads.

## DAY 1

If you don't have a safety squat bar, just use a straight bar. I like the safety squat bar because it places the center of mass a bit out in front, causing the spinal extensors to work a bit harder. For this same reason, you can't base the percentage off of your max low bar squat. You either need to set a max with the safety squat bar or simply subtract about 7% from your straight bar 1RM.

I love the unilateral goodmornings. If you have extremely good balance and body control, you can perform these with the off leg rotating out as your hinge at the hip. If you choose this route, I want the off leg to be straight out from the hip, held in complete extension. Otherwise, you can place your off leg foot against a wall - or place your off leg against the ground, touching with just the ball of the foot. One quick note on the lunges: I want you to focus on maintaining a completely vertical torso to keep the hip of the back leg in complete extension.

## DAY 2

The close grip benches on this day are self-explanatory, but I need to make a point about the axle bar seated pin presses. You will need a power rack for this movement. You should set the pins at a



height where the axle bar is right at chin level. The focus is on the lockout. If you don't have an axle bar, you can use a straight bar. If you don't have a power rack with safety pins, you can just perform standing or seated presses and only bring the bar down to the chin level.

After the axle bar seated pin presses, I have you doing some dumbbell shoulder presses with full range of motion. Now we will maximize shoulder hypertrophy and lockout strength. Bentover rows are awesome, but pausing them on your chest will make them even better. This will add a rhomboid element to the movement, strengthening the muscle responsible for holding the scapula together (which is important for just about every major strength exercise on earth, especially the squat, bench, and deadlift).

## **DAY 3**

The deficit deadlifts are meant to be performed with your competition stance. We are keeping the same repetition scheme, but our continued progress won't be stalled by accommodation because we changed the stance and added the deficit. There are a lot of athletes making subtle changes to a movement and keeping the same repetition scheme for several blocks, and they are seeing phenomenal results.

The safety squat bar rear leg elevated split squats are still in there with a slow eccentric, but now we have lower repetitions. Once again, if you don't have a safety squat bar, simply use a straight bar. I love reverse hypers for lower back capacity. However, if you don't have one, band pull-throughs are a great substitution.

## DAY 5

I explained the repetition scheme of the bench press earlier. We are alternating heavy weights with light weights to take advantage of post-activation potentiation.

I would like to mention that the superset with the nosebreakers, pullovers, and close grip bench press is the best triceps superset in the world. Preferably all movements are performed with a curl bar, but a straight bar would suffice. If you don't have a fat bar or axle bar for the curls, you can use a straight bar.

## DAY 6

The back squat is using the same Mash Method rep scheme that we used for Day 5's bench press. Then we'll perform some max effort deadlifts. The block size I recommend for the deadlifts should be four to six inches, but it doesn't matter that much. The main goal is a maximum effort. The shorter blocks will keep the load a bit lower, which is a bit easier on the body and allows it to recover for the weeks to come.

# WEEK 7 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	85% for 5 x 3
Bench Press	85% for 5 x 3
Superset 1A: Reverse Hypers	3 x 50 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Lunges (bodyweight or add light weight)	50 meters

## DAY 2

Front Squat with Belt	1RM (7 RPE, 3 sec pause)
Incline Bench Work	3 Sets: 65 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

SS Bar Unilateral Rear Leg Elevated Split Squats (4 sec pause at parallel)	3RM each leg (8 RPE, start with weak leg), then -10% for 2 x 3 each leg
Close Grip Bench Press (add 25 lb chains)	1RM (paused 5 sec), then -20% for 3+ (not paused)
Sumo Deadlifts	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Lying Curl Bar Tricep Extensions	4 x 10
Superset 1B: Fat Bar Curls	4 x 10

## DAY 4

Bench Press	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5 kg to first set only if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5 kg to first set only if possible) 90% x 1, rest two minutes, then 80% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Kettlebell Front Foot Elevated Split Squats (4 sec pause at top of each rep)	3 x 8 each side

# WEEK 8 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	88% for 5 x 3
Bench Press	88% for 5 x 3
Superset 1A: Reverse Hypers	3 x 55 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Lunges (bodyweight or add light weight)	75 meters

## DAY 2

Front Squat with Belt	1RM (8 RPE, 3 sec pause)
Incline Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

SS Bar Unilateral Rear Leg Elevated Split Squats (4 sec pause at parallel)	3RM each leg (9 RPE, start with weak leg), then -10% for 2 x 3 each leg
Close Grip Bench Press (add 25 lb chains)	1RM (paused 3 sec), then -20% for 3+ (not paused)
Sumo Deadlifts	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Lying Curl Bar Tricep Extensions	4 x 10
Superset 1B: Fat Bar Curls	4 x 10

## DAY 4

Bench Press	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5 kg to first set only if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5 kg to first set only if possible) 93% x 1, rest two minutes, then 83% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Kettlebell Front Foot Elevated Split Squats (4 sec pause at top of each rep)	3 x 8 each side

# WEEK 9 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	80% for 5 x 2
Bench Press	80% for 5 x 2
Superset 1A: Reverse Hypers	3 x 35 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Lunges (bodyweight or add light weight)	50 meters

## DAY 2

Front Squat with Belt	1RM (9 RPE, 3 sec pause)
Incline Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

SS Bar Unilateral Rear Leg Elevated Split Squats (4 sec pause at parallel)	90% of 3RM each leg for 3 x 3
Close Grip Bench Press (add 25 lb chains)	1RM (paused 3 sec), then -20% for 3 (not paused)
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric)
Superset 1A: Lying Curl Bar Tricep Extensions	3 x 10
Superset 1B: Fat Bar Curls	3 x 10

## DAY 4

Bench Press	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (add 5 kg to first set only if possible) 95% x 1, rest two minutes, then 85% x 3 Set 3: (add 5 kg to first set only if possible) 95% x 1, rest two minutes, then 85% x 3
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (eccentric slower than concentric)
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Kettlebell Front Foot Elevated Split Squats (4 sec pause at top of each rep)	3 x 8 each side

# WEEK 10 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	90% for 6 x 2
Bench Press	90% for 6 x 2
Superset 1A: Reverse Hypers	3 x 65 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Lunges (bodyweight or add light weight)	100 meters

## DAY 2

Front Squat with Belt	1RM (7 RPE, 3 sec pause)
Incline Bench Work	off
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

SS Bar Unilateral Rear Leg Elevated Split Squats (4 sec pause at parallel)	3RM each leg (start with weak leg), then -10% for 2 x 3 each leg
Close Grip Bench Press (add 25 lb chains)	1RM (paused 1 sec)
Sumo Deadlifts	3RM (eccentric slower than concentric), then -10% for 3
Superset 1A: Lying Curl Bar Tricep Extensions	3 x 10
Superset 1B: Fat Bar Curls	3 x 10

## DAY 4

Bench Press	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Max, then -20% for 3
Conventional Deadlifts (2 inch deficit, purple bands)	3RM
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Kettlebell Front Foot Elevated Split Squats (4 sec pause at top of each rep)	3 x 8 each side

Most athletes are excited to see this block because they get to test things out a bit. The volume is high enough that you are still adding some muscle, but there are plenty of opportunities to hit some big singles. The key to this block will be in the ability to auto-regulate - or in having a coach who can cut things a set early at times. If you start missing on a consistent basis, not only will you learn to be inconsistent, but you will also find recovery almost impossible.

If you are able to use your brain in this block, you will set yourself up well to crush it in the final blocks. This would be a great time to implement velocity by setting some standards - for example, making a rule that all lifts must stay above 0.3 m/s or even 0.4 m/s (if you don't have the ability to grind.) If you don't have a way to measure velocity, you could say everything must stay below a 9.5 RPE. That means you stopped when you couldn't have done another rep, but you could have gone a bit heavier. In summary, the main thing I am after is for you to test out bigger weights on a consistent basis without any misses.

## DAY 1

The first thing I want to say about this day is that a safety squat bar isn't necessary. You can use a straight bar. I just like to give you guys the variety if you have the specialty bars. The safety squat bar is a bit better for building the spinal extensors, but that's about it. The straight bar will always have the advantage of being more specific. Other than that, this day is straightforward.

If you want to build a powerful booty, you will love the reverse lunges and barbell hip thrusts superset. Finally, I like to add in

some bodyweight lunges as the frequency increases on the lower body movements. High volume and low intensity is great for strengthening connective tissue.

## DAY 2

This second day is designed to provide a pump and aid in recovery. The front squat is a recovery squat. At a 7 RPE, it isn't intended to be heavy at all. The incline bench performed like this is designed to strengthen connective tissues just like the lunges from Day 1. 65 pounds is just a generic weight prescription. Obviously I want you to go up if it's too light or down if it's too heavy. When you are performing 30 repetitions with varied grips, it doesn't take much weight.

Dumbbell pullovers are a great movement for strengthening the serratus anterior. The serratus anterior is important for stabilizing the scapula. If it's weak, it can lead to multiple nagging (and sometimes serious) injuries - which is why I include this movement on a frequent basis.

The pull-up is a great upper body exercise for everyone. First, they're a functional exercise designed to help humans climb. But let me also point out the fact that pull-ups build all the muscles in the back that are important to lifting heavy weights (lats, thoracic spinal extensors, rhomboid, and traps). I recommend performing controlled pull-ups bringing the chest to the bar. This version of the pull-up will strengthen the rhomboids the most and in the most functional way. Therefore, you will develop superior scapular control.



Seated dumbbell power cleans are meant to be an external rotation exercise, so I recommend demonstrating control at all times. I stole this movement from Westside Barbell - mainly because it also gives you a gnarly pump. The key is to first bring the elbows parallel to the shoulders before beginning the rotation. I don't mind a little momentum, but the key remains the rotation. I am giving you a choice with the rows for variety's sake (not to mention some of you only have a barbell). I want to make this program achievable for all people.

## DAY 3

Again, you can feel free to change out the safety squat bar for a straight bar. Let me also explain the location of the isometric pause. I am asking you to squat all the way down and then pause at parallel on your way up. This really teaches the muscle to fire because then it can't rely on the stretch reflex.

The close grip bench with chains is designed to strengthen your lockout. If you don't have chains, you can either go buy some at your local hardware store or don't worry about the chains. They aren't necessary. I love the long pauses because they teach you not to panic when you are at a meet with a judge who likes long pauses. Remember: I like to practice with worst case scenarios unlike most people who like to practice with ideal scenarios. The down set of 3+ is performed with 20% less than the 1RM. I recommend leaving a rep or two in the tank to allow for the higher frequency of this program. If you go to all-out failure, it's going to be a bit harder to recover from.

I have programmed sumo deadlifts with the assumption that most of you lift conventional. Again, you can perform conventional

deadlifts on this day if you are a sumo deadlifter. You will still control the eccentric, making sure you lower the bar more slowly than you pulled it up. The final part of the day is catching a massive arm pump.

## **DAY 4**

We are starting this day out with some waves. I have already explained these waves, so you know how they work by now. The rest of this day is upper body hypertrophy. It is imperative that the hypertrophy work stays a priority. You don't want to lose the muscle you've gained when you need it the most. Dips are an important movement to all sports. Nothing builds a stronger lockout for the press than dips.

## **DAY 5**

This is the heavy maximum effort lower body day. We start out this block with some waves, but we shift to a max single for the final week to test things. The deadlifts are from a two-inch deficit with purple resistance bands adding to the load. I recommend using mini-bands if your deadlift is below 400 pounds. If you don't have bands, you can either buy some from [WODFitters.com](http://WODFitters.com) or perform the movement without bands. The bands are great for emphasizing the lockout and for adding the extra eccentric component.

Glute ham raises are wonderful for strengthening the hamstrings as they cross the knees and the hips. If you don't have a glute ham machine, you can either substitute in back extensions or band pull-throughs.

If you have a belt squat machine, the kettlebell deadlifts are great for improving the glute contraction on lockouts. If you don't have a belt squat (I am sure most of you don't), you can attach a band (purple or green) to an anchored power rack (anchored is important so the power rack won't turn over on you), putting the other end around your waist to resist extension. Or you can simply just perform the kettlebell deadlifts or use a trap bar for the deadlifts. The split squats are designed to stabilize the pelvis with the hips in extension.

# WEEK 11 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb each) 78% x 5, 85% x 3, 90% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: (add 5-10 lb each) 75% x 5, 83% x 3, 88% x 1
Belt Squat Kettlebell Deadlifts	4 x 8
Reverse Hypers	3 x 45 sec
Barbell Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

## DAY 2

Front Squat with Belt	1RM (7 RPE, 3 deep breaths in bottom)
Decline Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

High Bar Back Squat with Belt	3RM (first 2 reps paused 5 sec), then -10% for 3 (not paused)
Close Grip Bench Press	3RM (first 2 reps paused 5 sec), then -15% for 3+ (leave 1-2 reps in reserve)
Deadlift EMOMs	70% for 7 sets: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up but not past 90%
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Belt Squat Jerk Lunge Holds (hold kettlebell goblet-style)	3 x 3 each leg (20 sec holds)

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	5RM
Bench Press (competition grip)	3RM, then -15% for 3+ (no misses on plus set)
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	3 x 8 (work up to 8RM)
Kettlebell Hang High Pull to Row	3 x 15
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grips Triceps	3 x 10

## DAY 5

Low Bar Back Squat with Belt	1RM (paused 5 sec), then -15% for 3 (slight pause)
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
RDLs (from deficit, mini bands)	3 x 8 (7 RPE)
TRX Leg Curls	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 12 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb each) 80% x 5, 88% x 3, 93% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb each) 78% x 5, 85% x 3, 90% x 1
Belt Squat Kettlebell Deadlifts	4 x 8
Reverse Hypers	3 x 50 sec
Barbell Front Foot Elevated Lunge Holds (use weight if you want)	4 x 30 sec each leg

## DAY 2

Front Squat with Belt	1RM (8 RPE, 3 deep breaths in bottom)
Decline Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

High Bar Back Squat with Belt	3RM (first 2 reps paused 5 sec), then -10% for 3 (not paused)
Close Grip Bench Press	3RM (first 2 reps paused 5 sec), then -15% for 3+ (leave 1-2 reps in reserve)
Deadlift EMOMs	70% for 8 sets: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but no misses
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Belt Squat Jerk Lunge Holds (hold kettlebell goblet-style)	4 x 3 each leg (20 sec holds)

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	3RM
Bench Press (competition grip)	3RM, then -15% for 3+ (no misses on plus set)
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	3 x 8 (work up to 8RM)
Kettlebell Hang High Pull to Row	3 x 15
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grips Triceps	3 x 10

## DAY 5

Low Bar Back Squat with Belt	1RM (paused 3 sec), then -15% for 3 (slight pause)
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
RDLs (from deficit, mini bands)	3 x 8 (8 RPE)
TRX Leg Curls	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	4 x 30 sec each leg

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: (add 5-10 lb each) 75% x 5, 83% x 3, 88% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 73% x 5, 80% x 3, 85% x 1 Set 2: (add 5-10 lb each) 73% x 5, 80% x 3, 85% x 1
Belt Squat Kettlebell Deadlifts	3 x 8
Reverse Hypers	3 x 40 sec
Barbell Front Foot Elevated Lunge Holds (use weight if you want)	4 x 35 sec each leg

## DAY 2

Front Squat with Belt	1RM (7 RPE, 3 deep breaths in bottom)
Decline Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

High Bar Back Squat with Belt	90% of 3RM for 3 x 3 (not paused)
Close Grip Bench Press	90% of 3RM for 3 x 3 (not paused)
Deadlift EMOMs	70% for 10 sets: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Belt Squat Jerk Lunge Holds (hold kettlebell goblet-style)	4 x 3 each leg (25 sec holds)

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM
Bench Press (competition grip)	3RM
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	90% of 8RM for 3 x 8
Kettlebell Hang High Pull to Row	3 x 15
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grips Triceps	3 x 10

## DAY 5

Low Bar Back Squat with Belt	1RM (paused 3 sec)
Deadlift Max Effort	1RM (reverse mini band)
RDLs (from deficit, mini bands)	3 x 6 (8 RPE)
TRX Leg Curls	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	4 x 35 sec each leg

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 83% x 5, 90% x 3, 95% x 1 Set 2: (add 5-10 lb each) 83% x 5, 90% x 3, 95% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb each) 80% x 5, 88% x 3, 93% x 1
Belt Squat Kettlebell Deadlifts	4 x 8
Reverse Hypers	3 x 60 sec
Barbell Front Foot Elevated Lunge Holds (use weight if you want)	off

## DAY 2

Front Squat with Belt	1RM (7 RPE, 3 deep breaths in bottom)
Decline Bench Work	off
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

High Bar Back Squat with Belt	3RM (9 RPE)
Close Grip Bench Press	3RM (9 RPE, all reps paused 3 sec)
Deadlift EMOMs	70% for 5 sets: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but not past 85%
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Belt Squat Jerk Lunge Holds (hold kettlebell goblet-style)	off

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM (no more than 15 lb above max)
Bench Press (competition grip)	1RM
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	8RM
Kettlebell Hang High Pull to Row	3 x 15
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grips Triceps	3 x 10

## DAY 5

Low Bar Back Squat with Belt	1RM
Deadlift Max Effort	1RM (regular)
RDLs (from deficit, mini bands)	3 x 5 (9 RPE)
TRX Leg Curls	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	off

The average rep scheme is now between one and three reps, so we are getting heavy. It's time to start taking the perfected movement we have been working on and put it to action. I want you to start pushing things a bit more in this block, but I still suggest keeping misses to a minimum. This block is going to be fun!

## DAY 1

This is a day focused on the lower body, but we are increasing the frequency of the bench press. The waves are a form of post-activation potentiation, so the second wave should be more efficient than the first round.

There is another reason I like waves. Too many powerlifters are not in good shape. You will see them looking exhausted before their final squat, and the majority of them roll into the deadlift with nothing left in the tank. My guys are going to be ready.

If the first round is already moving slowly, then don't add weight on the second round. This sport isn't linear. There are going to be days when you are simply not feeling it, and that's fine. That's all a part of the adaptation process.

## DAY 2

Most of these movements you know by now, but let me point out the hang muscle snatches. If you are a true powerlifter, you are wondering what the heck this has to do with you. The only reason this movement is in your workout is to strengthen external



rotation and to open up the chest. Too many powerlifters develop overly shortened pecs and become internally rotated - which leads most of them to eventually hurting a shoulder. If you can't safely perform the movement, you can substitute out dumbbell power cleans or snatches.

## DAY 3

On this day, we are going with a high bar squat to emphasize the quads. There has been a posterior chain focus in the strength and conditioning field for quite some time - without really assessing if athletes actually need that emphasis. In fact, I find a lot of athletes with weak quads.

We are starting this block out with some isometric pauses to strengthen positions in the bottom. Then later in the block I want you to take the gloves off and hit a true three-repetition maximum. We are doing the same thing in the bench press portion. We'll be throwing in some AMRAP sets, but I want you to always leave a rep or two in the tank to aid in recovery.

The eccentric portion of the deadlift seems to always be neglected in most programs. In this deadlift movement I am asking you to complete a deadlift, lower the barbell to below the knee, and then stand in full lockout again. This movement is really good if the lockout is the hardest portion for you.

The belt squat movement is simply referring to the split position. The goal is to stand in the split position with a completely vertical torso and a neutral spine.

## DAY 4

Here we are using post-activation potentiation to bust through plateaus. You begin the bench press with unaided reps and a full range of motion to the chest - working up to 85%. Then I am prescribing a Sling Shot from Mark Bell for a 5RM in the first week and a 1RM during the last few weeks. I love the Sling Shot because you can overload the bench press with a full range of motion. Then you take the Sling Shot off and perform max effort sets and down sets with straight weight and competition grip. You can also use resisted mini-bands or reverse bands if you don't have a Sling Shot. You could also use boards, but you won't get the full range of motion.

We are beginning the upper body hypertrophy work with dumbbell bench press paused at the very bottom and half way up to strengthen the weakest positions for most people. The kettlebell high pull to row begins with a kettlebell in each hand. Then you perform a high pull (elbows-up position) and end with a row (elbows-back position). This is a great movement to strengthen the back without a lot of muscle damage. The hypertrophy work concludes with Jason Coker's famous triceps burn out superset of nosebreakers plus pullovers plus close grip bench. Your triceps will feel like they are about to pop.

## DAY 5

The maximum effort lower body day begins with a straight weight squat. You are pausing for 5 seconds on the first week, and in later weeks we end with an unpaused one-repetition maximum.

The deadlifts are a bit more complicated. You are starting things out with a reverse purple band 3RM in the first two weeks, a 1RM in the third week with bands, and then a straight 1RM on the final week of this block. If you don't have bands, you could perform a deadlift off four-inch blocks during the first two weeks, a two-inch block on the third week, and then a full range of motion deadlift on the final week.

This work is followed up with RDLs from a deficit (I recommend two to four inches) with mini-bands. I promise your hamstrings will be sore, and I promise they will get stronger. This is my favorite movement for improving pulling power. I recommend maintaining a controlled eccentric on each rep, and I recommend adhering to my RPE suggestions.

# WEEK 15 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	1RM (paused 1 sec), then -15% for 3 (not paused)
Bench Press (competition grip)	1RM (paused 2 sec), then -15% for 3 (not paused)
Deadlift EMOMs	70% for 6 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 3 reps but not past 90%
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

Flat Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Kettlebell High Pulls	3 x 10
Superset 1B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 2A: TRX Face Pulls	3 x 10
Superset 2B: TRX Rear Delts	3 x 10
Axle Bar Curls	3 x 10

## DAY 3

High Bar Back Squat with Belt (50 lb of chains)	3RM (8 RPE, first rep paused 3 sec), then -10% for 3 (not paused)
Reverse Hypers	3 x 50 sec
Close Grip Bench Press (add mini bands)	3RM (first rep paused 3 sec), then -15% for 3
Superset 1A: Dumbbell Triceps Extensions	4 x 10
Superset 1B: Band Pushdowns	4 x 10

## DAY 4

off
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## DAY 5

Bench Max Effort	3RM (9 RPE, with mini bands), then 3RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Superset 2A: Close Grip Pullover	3 x 10
Superset 2B: Close Grip Press	3 x 10

## DAY 6

Low Bar Back Squat with Belt	5RM, then -10% for 5
Deadlift Max Effort	1RM (4 inch deficit)
TRX Leg Curls	4 x 10
Front Foot Elevated Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

# WEEK 16 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	1RM, then -15% for 3
Bench Press (competition grip)	1RM (paused 2 sec), then -15% for 3 (not paused)
Deadlift EMOMs (to break 2 inches and down to knee and down and full)	70% for 8 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps but no misses
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

Flat Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Kettlebell High Pulls	3 x 10
Superset 1B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 2A: TRX Face Pulls	3 x 10
Superset 2B: TRX Rear Delts	3 x 10
Axle Bar Curls	3 x 10

## DAY 3

High Bar Back Squat with Belt (50 lb of chains)	3RM (9 RPE, first rep paused 3 sec), then -10% for 3 (not paused)
Reverse Hypers	3 x 55 sec
Close Grip Bench Press (add mini bands)	3RM (first rep paused 3 sec), then -15% for 3
Superset 1A: Dumbbell Triceps Extensions	5 x 10
Superset 1B: Band Pushdowns	5 x 10

## DAY 4

off
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## DAY 5

Bench Max Effort	2RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Superset 2A: Close Grip Pullover	3 x 10
Superset 2B: Close Grip Press	3 x 10

## DAY 6

Low Bar Back Squat with Belt	5RM, then -10% for 5
Deadlift Max Effort	1RM (4 inch deficit)
TRX Leg Curls	4 x 10
Front Foot Elevated Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

# WEEK 17 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	90% of 1RM for 1, then 80% of 1RM for 3 x 1
Bench Press (competition grip)	90% of 1RM for 1 (paused 2 sec)
Deadlift EMOMs	70% for 5 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full)
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

Flat Bench Work	off
Superset 1A: Kettlebell High Pulls	3 x 10
Superset 1B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 2A: TRX Face Pulls	3 x 10
Superset 2B: TRX Rear Delts	3 x 10
Axle Bar Curls	3 x 10

## DAY 3

High Bar Back Squat with Belt (50 lb of chains)	90% of 3RM for 3 x 1 (first rep paused 3 sec)
Reverse Hypers	3 x 45 sec
Close Grip Bench Press (add mini bands)	90% of 3RM for 2 x 3 (first rep paused 3 sec on each)
Superset 1A: Dumbbell Triceps Extensions	3 x 10
Superset 1B: Band Pushdowns	3 x 10

## DAY 4

off
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## DAY 5

Bench Max Effort	1RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	90% of 5RM for 3 x 5
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Superset 2A: Close Grip Pullover	3 x 10
Superset 2B: Close Grip Press	3 x 10

## DAY 6

Low Bar Back Squat with Belt	90% of 5RM for 2 x 5
Deadlift Max Effort	1RM (9 RPE, 2 inch deficit)
TRX Leg Curls	3 x 10
Front Foot Elevated Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

# WEEK 18 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	1RM
Bench Press (competition grip)	1RM (competition style, with slight pause)
Deadlift EMOMs (to break 2 inches and down to knee and down and full)	70% for 10 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

Flat Bench Work	3 Sets: 65/95 lb for 10 close + 10 medium + 10 wide (without resting)
Superset 1A: Kettlebell High Pulls	3 x 10
Superset 1B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 2A: TRX Face Pulls	3 x 10
Superset 2B: TRX Rear Delts	3 x 10
Axle Bar Curls	3 x 10

## DAY 3

High Bar Back Squat with Belt (50 lb of chains)	3RM
Reverse Hypers	4 x 60 sec
Close Grip Bench Press (add mini bands)	3RM (first rep with slight pause)
Superset 1A: Dumbbell Triceps Extensions	4 x 10
Superset 1B: Band Pushdowns	4 x 10

## DAY 4

off
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## DAY 5

Bench Max Effort	1RM (with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Superset 2A: Close Grip Pullover	3 x 10
Superset 2B: Close Grip Press	3 x 10

## DAY 6

Low Bar Back Squat with Belt	1RM (9 RPE or Opener)
Deadlift Max Effort	1RM (regular)
TRX Leg Curls	4 x 10
Front Foot Elevated Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

The realization phase is designed to get specific, turning all the volume into a heavy one-repetition maximum. There is nothing mysterious about this section of the program.

The only movement that is complicated at all is the deadlift EMOM prescription on Day 1. The bar will begin on the ground. You break it off the ground to the two-inch mark and then return it to the floor. Then you will break the bar loose again and take it to the knee before returning it to the ground again. Finally, you perform a third rep with a full range of motion all the way to lockout. This series is performed every-minute-on-the-minute. I am giving you a bit of leeway to work up on the final few sets, but the goal is to never take things even close to a miss.

At this point you should understand my volume prescription. The only thing I would say about this block is that if you don't have the necessary bands or chains, either go get some (they are cheap) or perform the movements without bands and chains. I want you to remember 20% of the work yields 80% of the results.

The bench max effort on Day 5 is similar to the last block - but with bands instead of a Sling Shot. Once again, you can always substitute bands or the Sling Shot with boards of varied heights. If you use boards, you will need to warm up with full range of motion bench presses to prepare your muscles for full range of motion max effort movements.

I love Day 5's floor presses for accessory work on the bench press. This movement is great for strengthening the lockout and most people's sticking points. If you don't have an axle bar, you can always use a straight bar.



The final day is designed to keep a little volume in the equation for the squat so we don't lose any of our hypertrophy gains. The deadlift max effort work is heavy and simple. Basically, you are maxing out from small deficits until the final week of maxing out from a competition stance and height.

# WEEK 19 (PEAK)

## DAY 1

Low Bar Back Squat	Work up to Opener x 2
Deadlift (competition stance)	Work up to Opener x 1
Max Close Grip Bench	1RM (paused 1 sec)
Reverse Hypers	3 x 45 sec

## DAY 2

Bench Press	Work up to Opener x 2 (paused)
Close Grip Axle Bar Floor Presses (100 lb of chains)	3RM, then -15% for 3 x 3
Superset 1A: Dumbbell Bench Press	3 x 5
Superset 1B: Band Pulldowns (paused 2 sec on chest)	3 x 10
Superset 1C: Band or Cable Row + Cheerleader (elbows back to retract scapula + external rotation + press, same in eccentric)	3 x 10

## DAY 3

High Bar Back Squat with Belt (50 lb of chains)	1RM, then -20% for 3 (no pauses)
Superset 1A: Kettlebell Belt Squat Marches	3 x 30 sec
Superset 1B: Kettlebell Deadlifts	3 x 30 sec
Barbell Hip Thrusts (band around knees)	3 x 10
Sled Drags Forward	2 x 60 sec
Sled Drags Backward	2 x 60 sec

## DAY 4

Bench to Chest	1RM (mini bands), then 1RM (no bands, paused), then -20% for 3+
Superset 1A: Seated Dumbbell Power Cleans	3 x 10
Superset 1B: Plate Front Raises	3 x 10
Superset 2A: Curl Bar Skull Crushers	3 x 10
Superset 2B: Curl Bar Pullovers	3 x 10
Superset 2C: Curl Bar Presses	3 x 10
Superset 2D: Dumbbell Cheerleaders	3 x 10
Superset 2E: Rows (seated, T-Bar, or dumbbell)	3 x 10

## DAY 5

Low Bar Back Squat with Belt	1RM (mini bands), then 1RM (no misses)
Deadlift Max Effort	Max
Superset 1A: DB Lunges (focus on vertical torso, pause each rep 2 sec at bottom with knee barely off the floor)	3 x 8 each leg
Superset 1B: Band Goodmornings	3 x 30 sec
Superset 1C: TRX Leg Curls	3 x 10

This is a week when specificity is king. We will be dialing things in and forming our game plans during this week. I suggest warming up like you will in competition and keeping everything as competition-like as possible.

Day 1 is a testing day to make sure our predicted opener is indeed the proper weight to choose. An opener should be something you can easily double even on a non-tapered Monday. I also want the opener of the deadlift to be fast. If you can measure it, I'd like to see at least 0.5 m/s as your bar speed. On Day 1's close grip bench, I would keep things around a 9 RPE because you will have to hit your openers on the very next day. Going semi-heavy on Day 1 will help you smoke Day 2's opener for a double. I want each of those pauses in Day 2's bench press to be long and distinct. The weight should be light enough that the length of the pause is no big deal.

On Day 4, we have my favorite way to crush through a plateau in the bench press: working up heavy with bands, taking the bands off, and then continuing on up. This is almost an automatic way to set a personal record. On the down sets, I definitely don't want you to reach failure. I recommend leaving one to two reps in the tank.

I have a massive superset on Day 4. Let me explain dumbbell cheerleaders from that day:

1. Perform a lateral raise until your arms are perpendicular to the torso.
2. Keeping the forearms horizontal, retract the shoulders and bring the elbows straight out from the shoulders.
3. Externally rotate the shoulders, leaving the arms forming an "L Shape" out beside the body.

4. Complete a shoulder press.
5. Reverse all the prior directions until you return the dumbbells to the original position.

Day 5 is the last heavy lower body day. If you don't have bands, you can just max out in the squat and deadlift. I recommend no misses in either lift so you don't beat your body up a week out from the real max out. I would stop with an opener or second attempt at the most. All of this leads us to the grand finale: taper and max out.

# WEEK 20 (TAPER)

## DAY 1

Low Bar Back Squat	Work up to 88% for 2 x 1
Deadlift (competition stance)	Work up to 85% for 2 x 1
Reverse Hypers	3 x 30 sec

## DAY 2

Bench Press	Work up to Opener x 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Back Squat	80% for 2 x 2
Pull-Throughs	3 x 30 sec

## DAY 4

Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

off
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## DAY 6

Squat	Max
Bench	Max
Deadlift	Max

The goal of for this week is complete recovery and then supercompensation. We want the muscles repairing to a place bigger and stronger than when we started this whole process.

We are lowering the volume to a point where the body can fully recover. I recommend still keeping the loads high enough to keep the nervous system charged and accustomed to heavy weights. Normally the sweet spot for intensity is somewhere between 88-90% (or an opener) at most.

I recommend keeping notes on how you or your athletes respond to this taper. If this taper leaves you feeling great on competition day, then you will want to taper similarly next time. If you are hitting personal records in the program but feel a bit off on meet day, you will need to make small adjustments. No one can sense this like the athlete, so make sure to give your coach feedback.



# **POWERLIFTING (LOWER VOLUME)**

For all you powerlifters who love lifting heavy but can't handle high amounts of volume, here's a version for you. If your schedule is busy, if you're trying to drop some weight, if you're stressed out, or if your recovery is compromised for any reason, then be realistic with yourself. A lower volume workout may be the best prescription to keep you gaining instead of treading water in an unrecovered state.

# WEEK 1 (ACCUMULATION)

## DAY 1

Front Squat	80% for 10 x 3
Sumo Deadlifts	5RM (eccentric slower than concentric), then -10% for 2 x 5
Barbell Hyperextensions	4 x 8

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 3
Pull-Ups	5 x submaximal (switch grip each set, weak to strong)
Dumbbell or Kettlebell Upright Rows	5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)

## DAY 3

High Bar Back Squat	65% for 10 x 10
Seated Band Leg Curls	4 x 12
Unilateral Farmer's Walk	3 x 20 yards each arm

## DAY 4

Close Grip Bench Press	60% for 5 x 10
Dumbbell Incline Bench Press	4 x 10
Bentover Rows	60% for 5 x 10
Kettlebell Bottom-Up Z Press	3 x 10 each arm



# WEEK 2 (ACCUMULATION)

## DAY 1

Front Squat	80% for 10 x 4
Sumo Deadlifts	5RM (eccentric slower than concentric), then -10% for 2 x 5
Barbell Hyperextensions	4 x 8

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 4
Pull-Ups	5 x submaximal (switch grip each set, weak to strong)
Dumbbell or Kettlebell Upright Rows	5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)

## DAY 3

High Bar Back Squat	68% for 10 x 10
Seated Band Leg Curls	4 x 12
Unilateral Farmer's Walk	3 x 20 yards each arm

## DAY 4

Close Grip Bench Press	65% for 5 x 10
Dumbbell Incline Bench Press	4 x 10
Bentover Rows	65% for 5 x 10
Kettlebell Bottom-Up Z Press	3 x 10 each arm

# WEEK 3 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	78% for 5 x 5
SS Bar Unilateral Goodmornings	4 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	78% for 5 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	8RM, then -15% for 2 x 8 (last set is 8+)
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Back Squat with Belt	Set 1: 80% x 2, rest two minutes, then 65% x 6 Set 2: (add 5 kg to first set only if possible) 80% x 2, rest two minutes, then 65% x 6 Set 3: (add 5 kg to first set only if possible) 80% x 2, rest two minutes, then 65% x 6
Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric), then -10% for 2 x 5
Reverse Hypers or Pull-Throughs	3 x 45 sec

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Pull-Ups	3 x submaximal

# WEEK 4 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	80% for 6 x 4
SS Bar Unilateral Goodmornings	4 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	80% for 5 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	8RM, then -15% for 2 x 8 (last set is 8+)
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Back Squat with Belt	Set 1: 83% x 2, rest two minutes, then 68% x 6 Set 2: (add 5 kg to first set only if possible) 83% x 2, rest two minutes, then 68% x 6 Set 3: (add 5 kg to first set only if possible) 83% x 2, rest two minutes, then 68% x 6+
Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric), then -10% for 2 x 5
Reverse Hypers or Pull-Throughs	3 x 50 sec

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 78% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Pull-Ups	3 x submaximal

# WEEK 5 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	75% for 5 x 5
SS Bar Unilateral Goodmornings	3 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	75% for 3 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	90% of 8RM for 2 x 8
Seated Dumbbell Shoulder Press	3 x 8
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Back Squat with Belt	Set 1: 80% x 1, rest two minutes, then 65% x 5 Set 2: (do not increase weight) 80% x 1, rest two minutes, then 65% x 5 Set 3: (do not increase weight) 80% x 1, rest two minutes, then 65% x 5
Deadlifts (from 2 inch deficit)	5RM (eccentric slower than concentric)
Reverse Hypers or Pull-Throughs	3 x 30 sec

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Pull-Ups	3 x submaximal

# WEEK 6 (HYPERTROPHY)

## DAY 1

SS Bar Back Squat	83% for 3 x 5
SS Bar Unilateral Goodmornings	3 x 8 each leg
TRX Leg Curls	4 x 10
Dumbbell Lunges (2 sec pause in bottom)	3 x 10 each leg

## DAY 2

Close Grip Bench Press	83% for 3 x 5
Close Grip Axle Bar Seated Shoulder Pin Presses (50-100 lb of chains)	5RM, then -15% for 2 x 5 (last set is 5+)
Seated Dumbbell Shoulder Press	3 x 6
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Back Squat with Belt	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (add 5 kg to first set only if possible) 85% x 1, rest two minutes, then 70% x 5 Set 3: (add 5 kg to first set only if possible) 85% x 1, rest two minutes, then 70% x 5
Deadlifts (from 2 inch deficit)	3RM (eccentric slower than concentric), then -10% for 2 x 3
Reverse Hypers or Pull-Throughs	3 x 60 sec

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 80% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Pull-Ups	3 x submaximal

# WEEK 7 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	85% for 5 x 3
Sumo Deadlifts	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Reverse Hypers	3 x 50 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Close Grip Bench Press (add 25 lb chains)	1RM (paused 5 sec), then -20% for 3 (not paused)

## DAY 2

Bench Press	85% for 5 x 3
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 1A: Lying Curl Bar Tricep Extensions	4 x 10
Superset 1B: Fat Bar Curls	4 x 10

## DAY 3

Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5 kg to first set only if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5 kg to first set only if possible) 90% x 1, rest two minutes, then 80% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Lunges (bodyweight or add light weight)	50 meters

## DAY 4

Bench Press	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

# WEEK 8 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	88% for 5 x 3
Sumo Deadlifts	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Reverse Hypers	3 x 55 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Close Grip Bench Press (add 25 lb chains)	1RM (paused 3 sec), then -20% for 3 (not paused)

## DAY 2

Bench Press	88% for 5 x 3
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 1A: Lying Curl Bar Tricep Extensions	4 x 10
Superset 1B: Fat Bar Curls	4 x 10

## DAY 3

Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5 kg to first set only if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5 kg to first set only if possible) 93% x 1, rest two minutes, then 83% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Lunges (bodyweight or add light weight)	75 meters

## DAY 4

Bench Press	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

# WEEK 9 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	80% for 5 x 2
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric)
Superset 1A: Reverse Hypers	3 x 35 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Close Grip Bench Press (add 25 lb chains)	1RM (paused 3 sec), then -20% for 3 (not paused)

## DAY 2

Bench Press	80% for 5 x 2
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 1A: Lying Curl Bar Tricep Extensions	3 x 10
Superset 1B: Fat Bar Curls	3 x 10

## DAY 3

Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (add 5 kg to first set only if possible) 95% x 1, rest two minutes, then 85% x 3 Set 3: (add 5 kg to first set only if possible) 95% x 1, rest two minutes, then 85% x 3
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (eccentric slower than concentric)
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Lunges (bodyweight or add light weight)	50 meters

## DAY 4

Bench Press	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10



# WEEK 10 (HIGH INTENSITY / FREQUENCY)

## DAY 1

SS Bar Squat	90% for 6 x 2
Sumo Deadlifts	3RM (eccentric slower than concentric), then -10% for 3
Superset 1A: Reverse Hypers	3 x 65 sec
Superset 1B: Barbell Hip Thrusts	3 x 10
Close Grip Bench Press (add 25 lb chains)	1RM (paused 1 sec)

## DAY 2

Bench Press	90% for 6 x 2
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Dumbbell Power Cleans	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10
Superset 1A: Lying Curl Bar Tricep Extensions	3 x 10
Superset 1B: Fat Bar Curls	3 x 10

## DAY 3

Back Squat with Belt	Max, then -20% for 3
Conventional Deadlifts (2 inch deficit, purple bands)	3RM
Superset 1A: Glute Ham Raises	3 x 8
Superset 1B: Kettlebell Deadlifts on Belt Squat	3 x 10
Lunges (bodyweight or add light weight)	100 meters

## DAY 4

Bench Press	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Pull-Ups Supinated	3 x submaximal
Superset 2B: Kettlebell Bat Wing Rows	3 x 10 (pause 1 sec each rep)
Superset 3A: Dumbbell Tricep Extensions	5 x 8
Superset 3B: Seated Dumbbell Curls	5 x 10

# WEEK 11 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb each) 78% x 5, 85% x 3, 90% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: (add 5-10 lb each) 75% x 5, 83% x 3, 88% x 1
Deadlift EMOMs	70% for 7 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up, but not past 90%
Reverse Hypers	3 x 45 sec

## DAY 2

High Bar Back Squat with Belt	3RM (first 2 reps paused 5 sec), then -10% for 3 (not paused)
Close Grip Bench Press	3RM (first 2 reps paused 5 sec), then -15% for 3+ (leave 1-2 reps in reserve)
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM (paused 5 sec), then -15% for 3 (slight pause)
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
RDLs (from deficit, mini bands)	3 x 8 (7 RPE)
TRX Leg Curls	3 x 10

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	5RM
Bench Press (competition grip)	3RM, then -15% for 3+ (no misses on plus set)
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	3 x 8 (work up to 8RM)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Nosebreakers	3 x 10
Superset 2B: Pullovers	3 x 10
Superset 2C: Close Grips Triceps	3 x 10

# WEEK 12 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb each) 80% x 5, 88% x 3, 93% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb each) 78% x 5, 85% x 3, 90% x 1
Deadlift EMOMs	70% for 8 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up, but no misses
Reverse Hypers	3 x 50 sec

## DAY 2

High Bar Back Squat with Belt	3RM (first 2 reps paused 5 sec), then -10% for 3 (not paused)
Close Grip Bench Press	3RM (first 2 reps paused 5 sec), then -15% for 3+ (leave 1-2 reps in reserve)
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM (paused 3 sec), then -15% for 3 (slight pause)
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
RDLs (from deficit, mini bands)	3 x 8 (8 RPE)
TRX Leg Curls	3 x 10

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	3RM
Bench Press (competition grip)	3RM, then -15% for 3+ (no misses on plus set)
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	3 x 8 (work up to 8RM)
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Nosebreakers	3 x 10
Superset 2B: Pullovers	3 x 10
Superset 2C: Close Grips Triceps	3 x 10

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: 75% x 5, 83% x 3, 88% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 73% x 5, 80% x 3, 85% x 1 Set 2: 73% x 5, 80% x 3, 85% x 1
Deadlift EMOMs	70% for 10 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up
Reverse Hypers	3 x 40 sec

## DAY 2

High Bar Back Squat with Belt	90% of 3RM for 3 x 3 (not paused)
Close Grip Bench Press	90% of 3RM for 3 x 3 (not paused)
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM (3 sec pause)
Deadlift Max Effort	1RM (reverse mini band)
RDLs (from deficit, mini bands)	3 x 6 (8 RPE)
TRX Leg Curls	3 x 10

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM
Bench Press (competition grip)	3RM
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	90% of 8RM for 3 x 8
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Nosebreakers	3 x 10
Superset 2B: Pullovers	3 x 10
Superset 2C: Close Grips Triceps	3 x 10

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Low Bar Back Squat with Belt	Set 1: 83% x 5, 90% x 3, 95% x 1 Set 2: (add 5-10 lb each) 83% x 5, 90% x 3, 95% x 1
Bench Press (competition grip, pausing each rep)	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb each) 80% x 5, 88% x 3, 93% x 1
Deadlift EMOMs	70% for 5 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up, but not past 85%
Reverse Hypers	3 x 60 sec

## DAY 2

High Bar Back Squat with Belt	3RM (9 RPE)
Close Grip Bench Press	3RM (9 RPE, all reps paused 3 sec)
Superset 1A: Dips	3 x submaximal
Superset 1B: Fat Bar Curls	3 x 10
Superset 2A: Hang Muscle Snatch	3 x 10
Superset 2B: Rows (bent over, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM
Deadlift Max Effort	1RM (regular)
RDLs (from deficit, mini bands)	3 x 5 (9 RPE)
TRX Leg Curls	3 x 10

## DAY 4

Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM (no more than 15 lb above max)
Bench Press (competition grip)	1RM
Dumbbell Flat Press (full range of motion, paused 3 sec at chest and paused 3 sec halfway up)	8RM
Superset 1A: Dumbbell Pullovers	3 x 10
Superset 1B: Pull-Ups Wide Pronated	3 x submaximal
Superset 2A: Nosebreakers	3 x 10
Superset 2B: Pullovers	3 x 10
Superset 2C: Close Grips Triceps	3 x 10

# WEEK 15 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	1RM (paused 1 sec), then -15% for 3 (not paused)
Bench Press (competition grip)	1RM (paused 2 sec), then -15% for 3 (not paused)
Deadlift EMOMs	70% for 6 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 3 reps but not past 90%
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

High Bar Back Squat with Belt (50 lb of chains)	3RM (8 RPE, first rep paused 3 sec), then -10% for 3 (not paused)
Close Grip Bench Press (add mini bands)	3RM (first rep paused 3 sec), then -15% for 3
Superset 1A: Dumbbell Triceps Extensions	4 x 10
Superset 1B: Band Pushdowns	4 x 10
Superset 2A: Kettlebell High Pulls	3 x 10
Superset 2B: Rows (Bentover, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	5RM, then -10% for 5
Deadlift Max Effort	1RM (4 inch deficit)
Reverse Hypers	3 x 50 sec
TRX Leg Curls	4 x 10

## DAY 4

Bench Max Effort	3RM (9 RPE, with mini bands), then 3RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Axle Bar Curls	3 x 10

# WEEK 16 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	1RM, then -15% for 3
Bench Press (competition grip)	1RM (paused 2 sec), then -15% for 3 (not paused)
Deadlift EMOMs	70% for 8 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps but no misses
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

High Bar Back Squat with Belt (50 lb of chains)	3RM (9 RPE, first rep paused 3 sec), then -10% for 3 (not paused)
Close Grip Bench Press (add mini bands)	3RM (first rep paused 3 sec), then -15% for 3
Superset 1A: Dumbbell Triceps Extensions	5 x 10
Superset 1B: Band Pushdowns	5 x 10
Superset 2A: Kettlebell High Pulls	3 x 10
Superset 2B: Rows (Bentover, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	5RM, then -10% for 5
Deadlift Max Effort	1RM (4 inch deficit)
Reverse Hypers	3 x 55 sec
TRX Leg Curls	4 x 10

## DAY 4

Bench Max Effort	2RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Axle Bar Curls	3 x 10

# WEEK 17 (REALIZATION)

## DAY 1

Low Bar Back Squat with Belt	90% of 1RM for 1, then 80% of 1RM for 3
Bench Press (competition grip)	90% of 1RM (paused 2 sec)
Deadlift EMOMs	70% for 5 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full)
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

High Bar Back Squat with Belt (50 lb of chains)	90% of 3RM for 3 (first rep paused 3 sec)
Close Grip Bench Press (add mini bands)	90% of 3RM for 2 x 3 (first rep paused 3 sec on each)
Superset 1A: Dumbbell Triceps Extensions	3 x 10
Superset 1B: Band Pushdowns	3 x 10
Superset 2A: Kettlebell High Pulls	3 x 10
Superset 2B: Rows (Bentover, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	90% of 5RM for 2 x 5
Deadlift Max Effort	1RM (9 RPE, 2 inch deficit)
Reverse Hypers	3 x 45 sec
TRX Leg Curls	3 x 10

## DAY 4

Bench Max Effort	1RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	90% of 5RM for 3 x 5
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Axle Bar Curls	3 x 10



# WEEK 18 (REALIZATION)

## DAY 1

Low Bar Back Squat	1RM
Bench Press (competition grip)	1RM (competition style, slight pause)
Deadlift EMOMs (to break 2 inches and down to knee and down and full)	70% for 10 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps
Dumbbell Lunges (2 sec pause in bottom)	3 x 8 each leg

## DAY 2

High Bar Back Squat with Belt (50 lb of chains)	3RM
Close Grip Bench Press (add mini bands)	3RM (first rep slight pause)
Superset 1A: Dumbbell Triceps Extensions	4 x 10
Superset 1B: Band Pushdowns	4 x 10
Superset 2A: Kettlebell High Pulls	3 x 10
Superset 2B: Rows (Bentover, T-Bar, or seated)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM (9RPE) or Opener
Deadlift Max Effort	1RM (regular)
Reverse Hypers	4 x 60 sec
TRX Leg Curls	4 x 10

## DAY 4

Bench Max Effort	1RM (with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM
Superset 1A: Dumbbell Incline Bench	3 x 15
Superset 1B: Seated Dumbbell Power Cleans	3 x 15
Axle Bar Curls	3 x 10

# WEEK 19 (PEAK)

## DAY 1

Low Bar Back Squat	Work up to Opener x 2
Deadlift (competition stance)	Work up to Opener x 1
Max Close Grip Bench	1RM (paused 1 sec)
Reverse Hypers	3 x 45 sec

## DAY 2

Bench Press	Work up to Opener x 2 (paused)
Close Grip Axle Bar Floor Presses (100 lb of chains)	3RM, then -15% for 3 x 3
Superset 1A: Dumbbell Bench Press	3 x 5
Superset 1B: Band Pulldowns (paused 2 sec on chest)	3 x 10
Superset 1C: Band or Cable Row + Cheerleader (elbows back to retract scapula + external rotation + press, same in eccentric)	3 x 10

## DAY 3

Low Bar Back Squat with Belt	1RM (mini-bands), then 1RM (no misses)
Deadlift Max Effort	Max
Superset 1A: DB Lunges (focus on vertical torso, pause each rep 2 sec at bottom with knee barely off the floor)	3 x 8 each leg
Superset 1B: Band Goodmornings	3 x 30 sec
Superset 1C: TRX Leg Curls	3 x 10

## DAY 4

Bench to Chest	1RM (mini-bands), then 1RM (no bands, paused), then -20% for 3+
Superset 1A: Seated Dumbbell Power Cleans	3 x 10
Superset 1B: Plate Front Raises	3 x 10
Superset 2A: Curl Bar Skull Crushers	3 x 10
Superset 2B: Curl Bar Pullovers	3 x 10
Superset 2C: Curl Bar Presses	3 x 10
Superset 2D: Dumbbell Cheerleaders	3 x 10
Superset 2E: Rows (seated, T-Bar, or dumbbell)	3 x 10

# WEEK 20 (TAPER)

## DAY 1

Low Bar Back Squat	Work up to 88% for 2 x 1
Deadlift (competition stance)	Work up to 85% for 2 x 1
Reverse Hypers	3 x 30 sec

## DAY 2

Bench Press	Work up to Opener x 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Back Squat	80% for 2 x 2
Pull-Throughs	3 x 30 sec

## DAY 4

Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

off
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## DAY 6

Squat	Max
Bench	Max
Deadlift	Max



# SUPER TOTAL

For decades I have loved both Olympic weightlifting and powerlifting. So I'm drawn to the super total, which combines both of these strength sports.

As such, this super total program is a strategic combination of the earlier explained weightlifting and powerlifting program. If you have any questions regarding this program, all you have to do is look back in the earlier sections. My hope is for all of you to read this entire book and learn how to program for all the different categories.

We will use a similar strategy in this program to the one we used for the weightlifting program. We will peak the squats and maximize the volume of the strength work early on. That way we can focus on perfecting the Olympic lifts later in the program. The snatch and clean and jerk simply take more time to perfect in technique and movement.

Toward the end we will maximize the use of the snatch and clean and jerk, while keeping enough volume to hold the peak of the strength movements: squat, bench, and deadlift. Some will continue to set personal records in the strength movements, and the rest will maintain the peak until it's time to max out.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM (9 RPE, 5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 2

Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 3
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 10

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric all reps)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (8 RPE), then -10% for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off	
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## DAY 5

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max (9 RPE)
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max (9 RPE)
Close Grip Bench Press	60% for 5 x 10
Strict Press (5 sec eccentric)	5RM (8 RPE), then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10

## DAY 6

Back Squat with Belt	63% for 10 x 10
Goodmornings (7-8 RPE)	start with 25% of Squat for 3 x 8
TRX Leg Curls	4 x 10

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 second eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM (5 sec eccentric), then -10% for 2 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 2

Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 4
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	63% for 3 x 10

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric all reps)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (9 RPE), then -10% for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off
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## DAY 5

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max
Close Grip Bench Press	65% for 5 x 10
Strict Press (5 sec eccentric)	5RM (9 RPE), then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10

## DAY 6

Back Squat with Belt	65% for 10 x 10
Goodmornings (7-8 RPE)	add 5-10 kg to week one weight for 3 x 8
TRX Leg Curls	5 x 10

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 2

Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 5 x 5
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 8

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric all reps)	90% of 5RM for 3 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	90% of week 2 weight for 2 x 5
Hyperextensions with Barbell	3 x 10

## DAY 4

Off	
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## DAY 5

Snatch Complex	Snatch (with pause at knee) + Snatch: Max (9 RPE)
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max (9 RPE)
Close Grip Bench Press	60% for 3 x 10
Strict Press (5 second eccentric)	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10

## DAY 6

Back Squat with Belt	68% for 8 x 8
Goodmornings (7-8 RPE)	week one weight for 2 x 8
TRX Leg Curls	3 x 10

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Front Squat	3RM, then -15% for 3+ (no misses)
Unilateral RDLs	4 x 8 each leg (eccentric slower than concentric)
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 2

Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 5
Dips	5 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	65% for 3 x 8

## DAY 3

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
SS Bar Rear Leg Elevated Split Squats (5 sec eccentric all reps)	5RM each leg, then -10% for 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM
Hyperextensions with Barbell	3 x 10

## DAY 4

Off
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## DAY 5

Snatch Complex	Snatch (with pause at knee) + Snatch: Max
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max
Close Grip Bench Press	68% for 5 x 10
Strict Press (5 sec eccentric)	5RM, then -15% for 5+
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10

## DAY 6

Back Squat with Belt	70% for 8 x 8
Goodmornings (7-8 RPE)	add 5 kg to week two weight for 3 x 8
TRX Leg Curls	5 x 10



# WEEK 5 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3 (work to max single, no misses)
Back Squat (with belt)	Set 1: 85% x 2, rest two min, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (8 RPE, no misses), then -10% for 2 x 3
Close Grip Bench Press	78% for 5 x 5
Strict Press	5RM, then -15% for 2 x 5 (last set is 5+)
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9 RPE), then -10% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10 (8 RPE)
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5 (last set is 5+)
Snatch	80% for 3 x 2
Clean and Jerk	80% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Front Squat	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Pulls	90% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 6 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Cleans (from blocks)	68% for 2 x 3, 73% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Snatch (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (9 RPE, no misses), then -10% for 2 x 3
Close Grip Bench Press	80% for 5 x 5
Strict Press	5RM, then -15% for 2 x 5 (last set is 5+)
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9.5 RPE), then -10% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 78% for 3 x 5 (last set is 5+)
Snatch	83% for 3 x 2
Clean and Jerk	83% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Bench Press	Set 1: 78% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Front Squat (add 5-10 lb if all reps and sets were completed last week)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Pulls	93% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 9 RPE)

# WEEK 7 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	30% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3
Back Squat with Belt	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Goodmornings (strap-supported or regular)	90% of 5RM for 3 x 5

## DAY 2

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Snatch (from blocks, bar at knee)	90% of 3RM for 3 x 3
Close Grip Bench Press	75% for 3 x 5
Strict Press	90% of 5RM for 3 x 5
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	90% of 3RM for 3 x 3
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	90% of 5RM (first 2 reps paused 3 sec) for 3 x 5
Superset 1A: Axle Bar Incline Bench Press	3 x 10
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5
Snatch	78% for 3 x 2
Clean and Jerk	78% for 3 x 2
Unilateral Farmer's Walk	3 x 30 yd each hand

## DAY 5

Snatch Max Effort	2RM (9 RPE), then -10% for 2
Clean and Jerk Max Effort	2RM (9 RPE), then -10% for 2
Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weight) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Front Squat	63% x 8, 73% x 5, 83% x 3, 88% x 1, 83% x 3, 75% x 5
Snatch Pulls	88% for 5 x 3 (6 sec eccentric)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 8 ( HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	33% x 3, 38% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Cleans (from blocks)	Max (single)
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Goodmornings (strap-supported or regular)	5RM (9 RPE)

## DAY 2

Snatch (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Snatch (from blocks, bar at knee)	3RM, then -10% for 3
Close Grip Bench Press	83% for 3 x 5
Strict Press	5RM, then -15% for 5+
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	1RM, then -15% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first rep paused 1 sec), then -10% for 2 x 5 (not paused)
Superset 1A: Axle Bar Incline Bench Press	3 x 10
Superset 1B: Kettlebell Bat Wing Rows	3 x 10 (2 sec pause)

## DAY 4

Overhead Squat Variation Max Effort	5RM
Snatch	85% for 3 x 2
Clean and Jerk	85% for 3 x 2
Unilateral Farmer's Walk	3 x 40 yd each hand

## DAY 5

Snatch Max Effort	2RM
Clean and Jerk Max Effort	2RM
Bench Press	Set 1: 80% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Front Squat (add 5-10 lb to week 2 weight if all reps and sets were completed)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5
Snatch Pulls	95% for 3 x 3 (6 sec eccentric)
RDLs (from deficit)	8RM (9.5 RPE), then -15% for 2 x 8

# WEEK 9 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	3RM (9 RPE)
Sumo Deadlifts	5RM (8 RPE, eccentric slower than concentric), then -10% for 5

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	3RM (9 RPE), then -10% for 3
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 3 sets of complex, then Max (9 RPE) for one set of complex
Lasha Snatch Pulls	4 x 3 (start at 85% and work up heavy)

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Clean (from blocks)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: (add 3-5 kg) 70% x 3, 75% x 2, 80% x 1
Bench Press	85% for 5 x 3
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	4 x 10

## DAY 4

Superset 1A: Snatch Push Press	73% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	73% for 3 x 1
Snatch	Work up to 83% for 2 x 1
Clean and Jerk	Work up to 83% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max (9 RPE)
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max (9 RPE)
Bench Press	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5-10 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5-10 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 6

Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)

# WEEK 10 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Clean and Jerk	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Front Squat	3RM (9 RPE)
Sumo Deadlifts	5RM (9 RPE, eccentric slower than concentric), then -10% for 5

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE), then -10% for 3
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	73% for 3 sets of complex, then Max (9 RPE) for one set of complex
Lasha Snatch Pulls	4 x 3 (start at 88% and work up heavy)

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 73% x 2, 78% x 1, 83% x 1 Set 2: (add 3-5 kg) 73% x 2, 78% x 1, 83% x 1
Clean (from blocks)	Set 1: 73% x 2, 78% x 1, 83% x 1 Set 2: (add 3-5 kg) 73% x 2, 78% x 1, 83% x 1
Bench Press	88% for 5 x 3
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	4 x 10

## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch	Work up to 85% for 2 x 1
Clean and Jerk	Work up to 85% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Bench Press	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5-10 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5-10 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 6

Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)



# WEEK 11 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: 75% x 2, 80% x 2, 85% x 1
Front Squat	2RM (9 RPE)
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric)

## DAY 2

Back Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE)
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	73% for 4 sets of complex
Lasha Snatch Pulls	3 x 3 (start at 85% and work up heavy)

## DAY 3

Front Squat	1RM
Snatch (from short blocks, bar below knee)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: 70% x 3, 75% x 2, 80% x 1
Clean (from blocks)	Set 1: 70% x 3, 75% x 2, 80% x 1 Set 2: 70% x 3, 75% x 2, 80% x 1
Bench Press	80% for 5 x 2
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	3 x 10

## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch	Work up to 80% for 2 x 1
Clean and Jerk	Work up to 80% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style (*see Golden Rule)	Pulls to Hip + Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Jerk: Max
Bench Press	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 6

Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (do not increase weight) 95% x 1, rest two minutes, then 85% x 3 Set 3: (do not increase weight) 95% x 1, rest two minutes, then 85% x 3
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (eccentric slower than concentric), then -10% for 5
Goodmornings	90% of 5RM for 3 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 8 RPE)

# WEEK 12 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Clean and Jerk	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Front Squat	1RM (stop at first miss or preferably before)
Sumo Deadlifts	3RM (eccentric slower than concentric), then -10% for 3

## DAY 2

Back Squat	1RM (8 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	1RM
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	75% for 3 sets of complex, then Max (9 RPE) for one set of complex
Lasha Snatch Pulls	3 x 3 (start at 90% and work up heavy)

## DAY 3

Front Squat	1RM (9 RPE)
Snatch (from short blocks, bar below knee)	Set 1: 75% x 2, 80% x 1, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 1, 85% x 1
Clean (from blocks)	Set 1: 75% x 2, 80% x 1, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 1, 85% x 1
Bench Press	90% for 6 x 2
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	3 x 10

## DAY 4

Superset 1A: Snatch Push Press	78% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	78% for 3 x 1
Snatch	Work up to 88% for 2 x 1
Clean and Jerk	Work up to 88% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style (*see Golden Rule)	Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean and Jerk: Max
Bench Press	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5-10 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5-10 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Superset 1A: Dips	3 x submaximal
Superset 1B: Dumbbell Bench Press	3 x 10
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 6

Back Squat with Belt	Back Squat: Max, then -20% for 3
Conventional Deadlifts (2 inch deficit, purple bands)	3RM
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Clean and Jerk	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Back Squat	75% for 5 x 5
Close Grip Bench Press	3RM (9 RPE, first rep paused 5 sec)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 30 sec each leg

## DAY 2

Power Snatch	2RM
Power Clean	2RM
Jerk Complex from Rack	80% for 4 sets of complex: Jerk (pause in catch) + Jerk (no pause), then 1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: (add 5-10 lb) 75% x 5, 83% x 3, 88% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1
Clean (from Short Blocks)	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1
Front Squat	1RM (9 RPE, paused 3 sec), then -20% for 2 x 3 (no pauses)
Deadlift EMOMs	70% for 7 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but not past 90%.

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	5RM
Bench Competition Grip	3RM, then -15% for 3+ (no misses on plus set)
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat (with belt)	5RM, then -10% for 2 x 5
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, then 1RM if feeling good
Clean and Jerk	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, work up if no misses to second attempt
Back Squat	90% of day six's 5RM for 5 x 5
Close Grip Bench Press	3RM (9 RPE, first rep paused 5 sec)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 35 sec each leg

## DAY 2

Power Snatch	2RM
Power Clean	2RM
Jerk Complex from Rack	83% for 4 sets of complex: Jerk (pause in catch) + Jerk (no pause), then 1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb) 78% x 5, 85% x 3, 90% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1
Clean (from Short Blocks)	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1
Front Squat	1RM (paused 1 sec), then -20% for 2 x 3 (no pauses)
Deadlift EMOMs	70% for 8 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but no misses

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	5RM
Bench Competition Grip	3RM, then -15% for 3+ (no misses on plus set)
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat (with belt)	5RM, then -10% for 2 x 5
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	Work to Opener
Clean and Jerk	Work to Opener
Back Squat	90% of day six's 5RM for 3 x 5
Close Grip Bench Press	90% of 3RM for 3 (first rep paused 5 sec)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 25 sec each leg

## DAY 2

Power Snatch	65% for 3 x 3
Power Clean	65% for 3 x 3
Jerk Complex from Rack	80% for 3 sets of complex: Jerk (pause in catch) + Jerk (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 73% x 5, 80% x 3, 85% x 1 Set 2: (add 5-10 lb) 73% x 5, 80% x 3, 85% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Clean (from Short Blocks)	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Front Squat	90% of 3RM for 3 x 3 (not paused)
Deadlift EMOMs	70% for 10 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM
Bench Competition Grip	3RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat (with belt)	5RM
Deadlift Max Effort	1RM (reverse purple band)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, work to 1RM if feeling good
Clean and Jerk	75% x 2, 80% x 1, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, work to 1RM if feeling good
Back Squat	90% of day six's 5RM for 5 x 5
Close Grip Bench Press	3RM (9 RPE, all reps paused 5 sec)
Dual Kettlebell Overhead Front Foot Elevated Lunge Holds	3 x 40 sec each leg

## DAY 2

Power Snatch	1RM
Power Clean	1RM
Jerk Complex from Rack	1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb) 80% x 5, 88% x 3, 93% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Snatch	78% x 2, 83% x 2, 85% x 1, 80% x 2, 85% x 1, 88% x 1
Clean (from Short Blocks)	78% x 2, 83% x 2, 85% x 1, 80% x 2, 85% x 1, 88% x 1
Front Squat	1RM
Deadlift EMOMs	70% for 5 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but not past 85%

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM (no more than 15 lb above max)
Bench Competition Grip	1RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 6

Back Squat (with belt)	5RM, then -10% for 2 x 5
Deadlift Max Effort	1RM (regular)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg



# WEEK 17 (PEAK)

## DAY 1

Snatch	Two sets of complex: Third from last warmup x 1, second from last warmup x 1, last warmup x 1
Clean and Jerk	Two sets of complex: Third from last warmup x 1, second from last warmup x 1, last warmup x 1
Back Squat	83% for 5 x 3
Deadlift EMOMS	70% for 6 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 3 sets (but not past 90%).

## DAY 2

Power Snatch (*see Golden Rule)	65% for 3 x 2, then 1RM (9 RPE)
Jerk from Rack (*see Golden Rule)	1RM
Bench Press Competition Grip	1RM (paused 2 sec), then -15% for 3 (not paused)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Clean	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Front Squat	1RM (9 RPE, paused 1 sec), then -20% for 3 (not paused)
Close Grip Bench Press (add mini bands)	3RM (9 RPE, first rep paused 3 sec)

## DAY 4

Snatch	Work up to 80% for 2 x 1
Clean and Jerk	Work up to 80% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	3RM (9 RPE, with mini bands), then 3RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	70% for 5 x 2
Back Squat (with belt)	3RM (9 RPE), then -10% for 2 x 3
Deadlift Max Effort	1RM (4 inch deficit)
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	4 x 8 each leg (work up to 8 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 18 (PEAK)

## DAY 1

Snatch	Two sets of complex: Second from last warmup x 1, last warmup x 1, Opener x 1
Clean and Jerk	Two sets of complex: Second from last warmup x 1, last warmup x 1, Opener x 1
Back Squat	90% of day six 3RM for 5 x 3
Deadlift EMOMs	70% for 8 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 4 sets (but no misses).

## DAY 2

Power Snatch (*see Golden Rule)	68% for 3 x 2, then 1RM
Jerk from Rack (*see Golden Rule)	1RM
Bench Press Competition Grip	1RM (paused 2 sec), then -15% for 3 (not paused)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Clean	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Front Squat	1RM (paused 1 sec), then -20% for 3 (not paused)
Close Grip Bench Press (add mini bands)	3RM (9.5 RPE, first rep paused 3 sec)

## DAY 4

Snatch	Work up to 83% for 2 x 1
Clean and Jerk	Work up to 83% for 2 x 1

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	2RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then - 15% for 2 x 5 (last set is 5+)
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	73% for 5 x 2
Back Squat (with belt)	3RM, then -10% for 2 x 3
Deadlift Max Effort	1RM (4 inch deficit)
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	4 x 8 each leg (work up to 9 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 19 (PEAK)

## DAY 1

Snatch	Opener 2 x 1
Clean and Jerk	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1
Back Squat	90% of day six 1RM for 3 x 3
Deadlift EMOMS	70% for 10 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 4 sets.

## DAY 2

Power Snatch (*see Golden Rule)	70% for 5 x 2 (work up a bit, no more than 8 RPE)
Jerk from Rack (*see Golden Rule)	off
Bench Press Competition Grip	1RM (slight pause, competition style)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 1, 78% x 1, 83% x 1
Clean	70% x 2, 75% x 2, 80% x 1, 73% x 1, 78% x 1, 83% x 1
Front Squat	1RM (9.5 RPE)
Close Grip Bench Press (add mini bands)	3RM (first rep slight pause)

## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	1RM (mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	78% for 3 x 1
Back Squat (with belt)	Work up to Opener for 1, then -15% for 3
Deadlift Max Effort	1RM (regular)
Dumbbell Lunges Held in Rack Position (mandatory - and make sure vertical spine)	3 x 6 each leg (work up to 8 RPE on last set)
TRX Leg Curls (dumbbell, band, or machine)	3 X 10

# WEEK 20 (TAPER)

## DAY 1

Snatch	Opener + Second Attempt (if feeling fast)
Clean and Jerk	Opener only
Low Bar Back Squat	Work up to 88% for 2 x 1
Deadlift Competition Stance	Work up to 85% for 2 x 1

## DAY 2

Snatch	Work up to 75% for 2 x 2
Clean and Jerk	Work up to 75% for 2 x 2
Bench Press	Work up to Opener for 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Snatch	Opener
Clean Complex	Clean and Jerk: last warm up
Back Squat	80% for 2 x 2
Pull-Throughs	3 x 30 sec

## DAY 4

Snatch	Work up to 70% for 2 x 2
Clean and Jerk	Work up to 70% for 2 x 2
Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

Off
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## DAY 6

Snatch Max Effort	Max
Clean and Jerk Max Effort	Max



# **SUPER TOTAL (LOWER VOLUME)**

Boosting the squat, bench, deadlift, snatch, and clean and jerk at the same time is a chess game. It's even more of an art to work on all of those lifts with the constraints of lower volume. But this program does it! I hope this one benefits all you people like me who love all of the lifts but also have busy lives.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 3
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 10

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM (9 RPE, 5 sec eccentric), then -10% for 2 x 3
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (8 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max (9 RPE)
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max (9 RPE)
Close Grip Bench Press	60% for 5 x 10
Strict Press (5 sec eccentric)	5RM (8 RPE), then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10

## DAY 4

Back Squat with Belt	63% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	4 x 10

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 4
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	63% for 3 x 10

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM (5 sec eccentric), then -10% for 2 x 3
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM (9 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm

## DAY 3

Snatch Complex	2 Snatches (with pause at knee) + 2 Snatches: Max
Clean and Jerk Complex	2 Cleans (with pause at knee) + 2 Cleans + 1 Jerk: Max
Close Grip Bench Press	65% for 5 x 10
Strict Press (5 sec eccentric)	5RM (9 RPE), then -10% for 2 x 5
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10

## DAY 4

Back Squat with Belt	65% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	70% for 6 x 2
Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
Wide Grip Bench Press (wider than normal comp grip)	80% for 5 x 5
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 8

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	90% of week 2 weight for 2 x 5
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 3

Snatch Complex	Snatch (with pause at knee) + Snatch: Max (9 RPE)
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max (9 RPE)
Close Grip Bench Press	60% for 3 x 10
Strict Press (5 second eccentric)	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10

## DAY 4

Back Squat with Belt	68% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	3 x 10



# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
Wide Grip Bench Press (wider than normal comp grip)	80% for 10 x 5
Dips	5 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	65% for 3 x 8

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2
Front Squat	3RM, then -15% for 3+ (no misses)
Snatch Grip Deadlift (eccentric slower than concentric, stop 1 inch from ground)	5RM
Unilateral Farmer's Walk	3 x 40 yd each arm

## DAY 3

Snatch Complex	Snatch (with pause at knee) + Snatch: Max
Clean and Jerk Complex	Clean (with pause at knee) + Clean + Jerk: Max
Close Grip Bench Press	68% for 5 x 10
Strict Press (5 second eccentric)	5RM, then -15% for 5+
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10

## DAY 4

Back Squat with Belt	70% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 5 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 2 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3 (work to max single, no misses)
Back Squat (with belt)	Set 1: 85% x 2, rest two min, then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Off
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## DAY 3

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 85% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (8 RPE, no misses), then -10% for 2 x 3
Close Grip Bench Press	78% for 5 x 5
Strict Press	5RM, then -15% for 2 x 5 (last set is 5+)
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10 Set 3: (add 5 kg to each weight if possible) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5 (last set is 5+)
Front Squat	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 6 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	25% x 3, 35% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Cleans (from blocks)	68% for 2 x 3, 73% for 2 x 3 (work to max single, no misses)
Back Squat with Belt	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Goodmornings (strap-supported or regular)	5RM (8 RPE), then -10% for 2 x 5

## DAY 2

Off
-----

## DAY 3

Snatch (from blocks, bar at knee)	75% for 3 x 3, 80% for 2 x 2, 85% x 2, 88% for 2 x 1
Power Snatch (from blocks, bar at knee)	3RM (9 RPE, no misses), then -10% for 2 x 3
Close Grip Bench Press	80% for 5 x 5
Strict Press	5RM, then -15% for 2 x 5 (last set is 5+)
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort	3RM, then -15% for 3
Clean and Jerk Max Effort	3RM, then -15% for 3
Bench Press	Set 1: 78% x 3, rest two minutes, then 63% x 10 Set 2: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10 Set 3: (add 5 kg to each weight if possible) 78% x 3, rest two minutes, then 63% x 10
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Overhead Squat Variation Max Effort	Work up to 78% for 3 x 5 (last set is 5+)
Front Squat (add 5-10 lb if all reps and sets were completed last week)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5+
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 9 RPE)

# WEEK 7 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	30% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Cleans (from blocks)	65% for 2 x 3, 70% for 2 x 3
Back Squat (with belt)	Set 1: 85% x 1, rest two min, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Goodmornings (strap-supported or regular)	90% of 5RM for 3 x 5

## DAY 2

Off
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## DAY 3

Snatch (from blocks, bar at knee)	70% for 2 x 3, 75% for 2 x 2, 80% for 2 x 2, 83% x 1
Power Snatch (from blocks, bar at knee)	90% of 3RM for 3 x 3
Close Grip Bench Press	75% for 5 x 5
Strict Press	90% of 5RM for 3 x 5
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 4

Off
-----

## DAY 5

Snatch Max Effort	2RM (9 RPE), then -10 for 2
Clean and Jerk Max Effort	2RM (9 RPE), then -10 for 2
Bench Press	Set 1: 75% x 3, rest two minutes, then 60% x 10 Set 2: (do not increase weights) 75% x 3, rest two minutes, then 60% x 10 Set 3: (do not increase weights) 75% x 3, rest two minutes, then 60% x 10
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Overhead Squat Variation Max Effort	Work up to 75% for 3 x 5
Front Squat	63% x 8, 73% x 5, 83% x 3, 88% x 1, 83% x 3, 75% x 5
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	90% of 5RM (first 2 reps paused 3 sec)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 8 RPE)

# WEEK 8 (HYPERTROPHY)

## DAY 1

Warm Up with Jerk Step from Split	33% x 3, 38% for 3 x 3
Clean and Jerk (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Cleans (from blocks)	Max (single)
Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest two minutes, then 75% x 5
Goodmornings (strap-supported or regular)	5RM (9 RPE)

## DAY 2

Off
-----

## DAY 3

Snatch (from blocks, bar at knee)	55% x 3, 65% x 3, 75% x 3, 80% x 2, 85% x 1, 88% x 1 (work up, allowed one miss)
Power Snatch (from blocks, bar at knee)	3RM, then -10% for 3
Close Grip Bench Press	83% for 3 x 5
Strict Press	5RM, then -15% for 5+
Barbell Rows (paused 2 sec on sternum)	3 x 10

## DAY 4

Off
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## DAY 5

Snatch Max Effort	2RM
Clean and Jerk Max Effort	2RM
Bench Press	Set 1: 80% x 3, rest two minutes, then 65% x 8 Set 2: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8 Set 3: (add 5 kg to each weight if possible) 80% x 3, rest two minutes, then 65% x 8
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Superset 2A: Rows	3 x 10
Superset 2B: Band Pull-a-parts	3 x 10

## DAY 6

Overhead Squat Variation Max Effort	5RM
Front Squat (add 5-10 lb to week 2 weight if all reps and sets were completed)	65% x 8, 75% x 5, 85% x 3, 90% x 1, 88% x 3, 78% x 5
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
RDLs (from deficit)	3 x 8 (start with 7 RPE, work up to 9 RPE)

# WEEK 9 (ABOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	3RM (9 RPE)
Sumo Deadlifts	5RM (8 RPE, eccentric slower than concentric), then -10% for 5

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	3RM (9 RPE), then -10% for 3
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 3 sets of complex, then Max (9 RPE) for one set of complex
Bench Press	85% for 5 x 3
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	4 x 10

## DAY 3

Off
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## DAY 4

Superset 1A: Snatch Push Press	73% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	73% for 3 x 1
Snatch Max Effort Competition Style (*see Golden Rule)	2 Pulls to Hip + Snatch: Max (9 RPE)
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max (9 RPE)
Bench Press	Set 1: 85% x 2, rest two minutes, then 70% x 6 Set 2: (add 5-10 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6 Set 3: (add 5-10 kg to each weight if possible) 85% x 2, rest two minutes, then 70% x 6
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 90% x 1, rest two minutes, then 80% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 90% x 1, rest two minutes, then 80% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (8 RPE, eccentric slower than concentric), then -10% for 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)

# WEEK 10 (ABOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Clean and Jerk	Set 1: 78% x 2, 83% x 1, 88% x 1 Set 2: (add 3-5 kg) 78% x 2, 83% x 1, 88% x 1
Front Squat	3RM (9 RPE)
Sumo Deadlifts	5RM (9 RPE, eccentric slower than concentric), then -10% for 5

## DAY 2

Back Squat	3RM (9 RPE, first rep only is paused 3 sec)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE), then -10% for 2
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	73% for 3 sets of complex, then Max (9 RPE) for one set of complex
Bench Press	88% for 5 x 3
Superset 1A: Dumbbell or Kettlebell Push Press	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	4 x 10

## DAY 3

Off
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## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch Max Effort Competition Style (*see Golden Rule)	Pull to Hip + Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Front Squat + Jerk: Max
Bench Press	Set 1: 88% x 2, rest two minutes, then 73% x 6 Set 2: (add 5-10 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6 Set 3: (add 5-10 kg to each weight if possible) 88% x 2, rest two minutes, then 73% x 6+
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 93% x 1, rest two minutes, then 83% x 4 Set 2: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4 Set 3: (add 5-10 kg to the 1 rep set if possible) 93% x 1, rest two minutes, then 83% x 4+
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (9 RPE, eccentric slower than concentric), then -10% for 5
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)

# WEEK 11 (ABOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Clean and Jerk	Set 1: 75% x 2, 80% x 2, 85% x 1 Set 2: (add 3-5 kg) 75% x 2, 80% x 2, 85% x 1
Front Squat	2RM (9 RPE)
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric)

## DAY 2

Back Squat	1RM (9 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	2RM (9 RPE)
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	70% for 4 sets of complex
Bench Press	80% for 5 x 2
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	3 x 10

## DAY 3

Off
-----

## DAY 4

Superset 1A: Snatch Push Press	75% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	75% for 3 x 1
Snatch Max Effort Competition Style (*see Golden Rule)	1 Pull to Hip + Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean Pull to Hip + Clean + Jerk: Max
Bench Press	Set 1: 85% x 1, rest two minutes, then 70% x 5 Set 2: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5 Set 3: (do not increase weight) 85% x 1, rest two minutes, then 70% x 5
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Set 1: 95% x 1, rest two minutes, then 85% x 3 Set 2: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3 Set 3: (add 5-10 kg to the 1 rep set if possible) 95% x 1, rest two minutes, then 85% x 3
Conventional Deadlifts (2 inch deficit, purple bands)	5RM (eccentric slower than concentric)
Goodmornings	90% of 5RM for 3 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 8 RPE)



# WEEK 12 (ABOLUTE STRENGTH PEAK)

## DAY 1

Snatch	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Clean and Jerk	Set 1: 80% x 2, 85% x 1, 90% x 1 Set 2: (add 3-5 kg) 80% x 2, 85% x 1, 90% x 1
Front Squat	1RM (stop at first miss or preferably before)
Sumo Deadlifts	3RM (eccentric slower than concentric), then -10% for 3

## DAY 2

Back Squat	1RM (8 RPE)
No Hook No Feet Hang Snatch (5 sec eccentric)	1RM
Jerk (paused 3 sec in dip and catch) + Jerk (paused 3 sec in catch) + Jerk (not paused)	75% for 3 sets of complex, then Max (9 RPE) for one set of complex
Bench Press	90% for 6 x 2
Superset 1A: Dumbbell or Kettlebell Push Press	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 10
Superset 1C: Kettlebell Batwing Rows (2 sec pause on chest)	3 x 10

## DAY 3

Off
-----

## DAY 4

Superset 1A: Snatch Push Press	78% for 3 x 2
Superset 1B: Overhead Squat (paused 3 sec in bottom)	78% for 3 x 1
Snatch Max Effort Competition Style (*see Golden Rule)	Snatch: Max
Clean and Jerk Max Effort Competition Style (*see Golden Rule)	Clean and Jerk: Max
Bench Press	Set 1: 90% x 1 rest two minutes, then 75% x 5 Set 2: (add 5-10 kg to each weight if possible) 90% x 1 rest two minutes, then 75% x 5 Set 3: (add 5-10 kg to each weight if possible) 90% x 1 rest two minutes, then 75% x 5
Superset 2A: Dumbbell Tricep Extensions	5 x 8
Superset 2B: Seated Dumbbell Curls	5 x 10

## DAY 5

Back Squat with Belt	Back Squat: Max, then -20% for 3
Conventional Deadlifts (2 inch deficit, purple bands)	3RM
Goodmornings	5RM (9 RPE), then -10% for 2 x 5
Superset 1A: TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Rear Leg Elevated Split Squats (focus on vertical spine, 2 sec pause at parallel)	3 x 5 each leg (start with 7 RPE and work up to 9 RPE)

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Clean and Jerk	70% x 2, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1, then 1RM if feeling good
Back Squat	75% for 5 x 5
Deadlift EMOMs	70% for 7 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but not past 90%.

## DAY 2

Front Squat	1RM (8 RPE, paused 3 sec)
Power Snatch	2RM
Jerk Complex from Rack	80% for 4 sets of complex: Jerk (pause in catch) + Jerk (no pause), then 1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 75% x 5, 83% x 3, 88% x 1 Set 2: (add 5-10 lb) 75% x 5, 83% x 3, 88% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Off
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## DAY 4

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	5RM
Bench Competition Grip	3RM, then -15% for 3+ (no misses on plus set)
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 5

Back Squat (with belt)	5RM, then -10% for 2 x 5
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Close Grip Bench Press	3RM (9 RPE, first rep paused 5 sec)

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, then 1RM if feeling good
Clean and Jerk	73% x 2, 78% x 2, 83% x 1, 75% x 2, 80% x 1, 85% x 1, 88% x 1, work up if no misses to second attempt
Back Squat	90% of day five 5RM for 5 x 5
Deadlift EMOMs	70% for 8 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but no misses

## DAY 2

Front Squat	1RM (9 RPE, paused 1 sec)
Power Snatch	2RM
Jerk Complex from Rack	83% for 4 sets of complex: Jerk (pause in catch) + Jerk (no pause), then 1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 78% x 5, 85% x 3, 90% x 1 Set 2: (add 5-10 lb) 78% x 5, 85% x 3, 90% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Off
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## DAY 4

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	3RM
Bench Competition Grip	3RM, then -15% for 3+ (no misses on plus set)
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 5

Back Squat (with belt)	5RM, then -15% for 2 x 5
Deadlift Max Effort	3RM (reverse purple band, eccentric slower than concentric)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Close Grip Bench Press	3RM (9 RPE, first rep paused 5 sec)

# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	Work to Opener
Clean and Jerk	Work to Opener
Back Squat	90% of day five's 5RM for 3 x 5
Deadlift EMOMs	70% for 10 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up

## DAY 2

Front Squat	off
Power Snatch	65% for 3 x 3
Jerk Complex from Rack	85% for 4 sets of complex: Jerk (pause in catch) + Jerk (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 73% x 5, 80% x 3, 85% x 1 Set 2: (add 5-10 lb) 73% x 5, 80% x 3, 85% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Off
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## DAY 4

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM
Bench Competition Grip	3RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 5

Back Squat (with belt)	5RM
Deadlift Max Effort	1RM (reverse mini band)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Close Grip Bench Press	90% of 3RM for 3 (first rep paused 5 sec)

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Snatch	75% x 2, 80% x 2, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, work up to 1RM if feeling good
Clean and Jerk	75% x 2, 80% x 2, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1, work up to 1RM if feeling good
Back Squat	90% of day five 5RM for 5 x 5
Deadlift EMOMs	70% for 5 sets of complex: Deadlift (full) + Deadlift (to slightly below knee and back up). Work up, but not past 85%

## DAY 2

Front Squat	1RM (9 RPE)
Power Snatch	1RM
Jerk Complex from Rack	1RM (no pause)
Bench Press Competition Grip (pausing each rep)	Set 1: 80% x 5, 88% x 3, 93% x 1 Set 2: (add 5-10 lb) 80% x 5, 88% x 3, 93% x 1
Superset 1A: Dumbbell Triceps Extension	3 x 10
Superset 1B: Rows (seated, T-Bar, TRX, or dumbbell)	3 x 10

## DAY 3

Off
-----

## DAY 4

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Sling Shot (warm up to 85% without Sling Shot, then add Sling Shot)	1RM (no more than 15 lb above max)
Bench Competition Grip	1RM
Superset 1A: Dumbbell Shoulder Triangles	3 x 10
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)

## DAY 5

Back Squat (with belt)	5RM, then -10% for 2 x 5
Deadlift Max Effort	1RM (regular)
TRX Leg Curls (dumbbell, band, or machine)	3 x 10
Close Grip Bench Press	3RM (9 RPE, first rep paused 3 sec)

# WEEK 17 (PEAK)

## DAY 1

Snatch	Two sets of complex: Third from last warmup x 1, second from last warmup x 1, last warmup x 1
Clean and Jerk	Two sets of complex: Third from last warmup x 1, second from last warmup x 1, last warmup x 1
Back Squat	83% for 5 x 3
Deadlift EMOMS	70% for 6 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 3 sets (but not past 90%).

## DAY 2

Front Squat	1RM (8 RPE, paused 1 sec)
Power Snatch (*see Golden Rule)	65% for 3 x 2, then 1RM (9 RPE)
Jerk from Rack (*see Golden Rule)	1RM
Bench Press Competition Grip	1RM (paused 2 sec), then -15% for 3 (not paused)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Off
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## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	3RM (9 RPE, with mini bands), then 3RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	70% for 5 x 2
Back Squat (with belt)	3RM (9 RPE), then -10% for 2 x 3
Deadlift Max Effort	1RM (4 inch deficit)
Close Grip Bench Press (add mini bands)	3RM (8 RPE, first rep paused 3 sec)

# WEEK 18 (PEAK)

## DAY 1

Snatch	Two sets of complex: Second from last warmup x 1, last warmup x 1, Opener x 1
Clean and Jerk	Two sets of complex: Second from last warmup x 1, last warmup x 1, Opener x 1
Back Squat	90% of day five's 3RM for 5 x 3
Deadlift EMOMS	70% for 8 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 4, but no misses

## DAY 2

Front Squat	1RM (9 RPE, paused 1 sec)
Power Snatch (*see Golden Rule)	68% for 3 x 2, then 1RM
Jerk from Rack (*see Golden Rule)	1RM
Bench Press Competition Grip	1RM (paused 2 sec), then -15% for 3 (not paused)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Off
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## DAY 4

Off
-----

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	2RM (9 RPE, with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM, then -15% for 2 x 5 (last set is 5+)
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	73% for 5 x 2
Back Squat (with belt)	3RM, then -10% for 2 x 3
Deadlift Max Effort	1RM (4 inch deficit)
Close Grip Bench Press (add mini bands)	3RM (9 RPE, first rep paused 3 sec)

# WEEK 19 (PEAK)

## DAY 1

Snatch	Opener: 2 x 1
Clean and Jerk	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1
Back Squat	90% of day five's 1RM for 3 x 3
Deadlift EMOMS	70% for 10 sets: Deadlift (pause 2 inches from ground, then down) + Deadlift (pause at knee, then down) + Deadlift (full). Work up on last 4 reps

## DAY 2

Front Squat	1RM (9.5 RPE)
Power Snatch (*see Golden Rule)	70% for 5 x 2 (work up a bit but no more than 8 RPE)
Jerk from Rack (*see Golden Rule)	off
Bench Press Competition Grip	1RM (slight pause, competition style)
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Bentover Rows	3 x 10

## DAY 3

Off
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## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Bench Max Effort	1RM (with mini bands), then 1RM (no bands)
Close Grip Bench Floor Press Axle Bar	5RM
Superset 1A: Band Lateral Raises	3 x 10
Superset 1B: Overhead Dumbbell Triceps	3 x 10

## DAY 6

NHNF Snatch (no misses allowed)	78% for 3 x 1
Back Squat (with belt)	Work up to Opener for 1, then -15% for 3
Deadlift Max Effort	1RM (regular)
Close Grip Bench Press (add mini bands)	3RM (9.5 RPE, first rep paused slightly)



# WEEK 20 (TAPER)

## DAY 1

Snatch	Opener + Second Attempt (if feeling fast)
Clean and Jerk	Opener only
Low Bar Back Squat	Work up to 88% for 2 x 1
Deadlift Competition Stance	Work up to 85% for 2 x 1

## DAY 2

Snatch	Work up to 75% for 2 x 2
Clean and Jerk	Work up to 75% for 2 x 2
Bench Press	Work up to Opener for 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Snatch	Snatch: Opener
Clean Complex	Clean and Jerk: last warm up
Back Squat	80% for 2 x 2
Pull-Throughs	3 x 30 sec

## DAY 4

Snatch	Work up to 70% for 2 x 2
Clean and Jerk	Work up to 70% for 2 x 2
Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

Off
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## DAY 6

Snatch Max Effort	Max
Clean and Jerk Max Effort	Max
Squat	Max
Bench	Max
Deadlift	Max

# GET JACKED PROGRAM

This program is for the garage gym warrior. If you want to add some muscle, get a lot stronger, and maximize power, then this is the program for you. Basically this is a program I would like at this stage in my life - especially the lower volume version.

It is similar to the Super Total Program, but there are a few differences:

- There is no snatching, mainly because the snatch requires a lot of attention to detail. The snatch also requires a range of motion in the thoracic spine and shoulders that is naturally countered during the modern day careers of most people who sit at a computer. Unless you are a weightlifter, there is no real need to snatch.
- This program contains lots of bodybuilding at all stages. In the other programs, we keep a small amount of hypertrophy work in for all phase - but in this one, hypertrophy/bodybuilding remains a priority throughout. If you want to look good at the beach, this is the program for you.
- I prescribe lots of down sets in the powerlifts. Since the goal of this program is to get jacked, down sets to near failure is a tool we are using often. I encourage all of you to adhere to the "RIR" (reps in reserve) suggestions. If you spend too much time in failure, you will soon find recovery the hardest part of this program.

This is the workout I will be trying really soon. Let's do it together!

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM with 5 sec eccentric (9 RPE), then -10% for 2 x 3
Goodmornings (stay at 7-8 RPE)	start with 25% of Squat for 3 x 8
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 3
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
1a. Dips	4 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	4 x submaximal (use weight if more than 10 reps)

## DAY 3

SS Bar Rear Leg Elevated Split Squats (all reps 5 sec eccentric)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM (8RPE), then -10% for 2 x 5
Unilateral RDLs (eccentric slower than concentric)	4 x 8 each leg

## DAY 4

off
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## DAY 5

Clean Complex	2 Cleans (with pause at knee) + 2 Cleans: Max (9 RPE)
Close Grip Bench Press	60% for 5 x 10
Strict Press (with 5 sec eccentric)	10RM (9 RPE), then -10% for 2 x 10
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10

## DAY 6

Back Squat with Belt	63% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	4 x 10

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM with 5 sec eccentric, then -10% for 2 x 3
Goodmornings (stay at 7-8 RPE)	add 5-10 kg for 3 x 8
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 4
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
1a. Dips	4 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	4 x submaximal (use weight if more than 10 reps)

## DAY 3

SS Bar Rear Leg Elevated Split Squats (all reps 5 sec eccentric)	5RM each leg, then -10% for 2 x 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM (9 RPE), then -10% for 2 x 5
Unilateral RDLs (eccentric slower than concentric)	4 x 8 each leg

## DAY 4

off
-----

## DAY 5

Clean Complex	2 Cleans (with pause at knee) + 2 Cleans: Max
Close Grip Bench Press	65% for 5 x 10
Strict Press (with 5 sec eccentric)	10RM, then -10% for 2 x 10
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10

## DAY 6

Back Squat with Belt	65% for 10 x 10
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Goodmornings (stay at 7-8 RPE)	week one weight for 2 x 8
Unilateral Farmer's Walk	3 x 20 yards each arm (7-8 RPE)

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 5 x 5
Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
1a. Dips	3 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	3 x submaximal (use weight if more than 10 reps)

## DAY 3

SS Bar Rear Leg Elevated Split Squats	90% of 5RM for 3 x 5 each leg (5 sec eccentric)
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	90% of last week's weight for 2 x 5
Unilateral RDLs (eccentric slower than concentric)	4 x 8 each leg

## DAY 4

off
-----

## DAY 5

Clean Complex	Clean (with pause at knee) + Clean: Max (9 RPE)
Close Grip Bench Press	60% for 3 x 10
Strict Press (with 5 sec eccentric)	90% of 10RM for 3 x 10
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10

## DAY 6

Back Squat with Belt	68% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	3 x 10

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Front Squat	3RM, then -15% for 3+ (no misses)
Goodmornings (stay at 7-8 RPE)	add 5 kg to week two weight for 3 x 8
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 2

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 5
Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
1a. Dips	5 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	5 x submaximal (use weight if more than 10 reps)

## DAY 3

SS Bar Rear Leg Elevated Split Squats (all reps 5 sec eccentric)	5RM each leg, then -10% for 5 each leg
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM
Unilateral RDLs (eccentric slower than concentric)	4 x 8 each leg

## DAY 4

off
-----

## DAY 5

Clean Complex	Clean (with pause at knee) + Clean: Max
Close Grip Bench Press	68% for 5 x 10
Strict Press (with 5 sec eccentric)	8RM, then -15% for 8+
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10

## DAY 6

Back Squat with Belt	70% for 8 x 8
Hyperextensions with Barbell	3 x 10
TRX Leg Curls	5 x 10

# WEEK 5 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM (8 RPE), then -10% for 5
Back Squat	75% for 5 x 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	75% for 5 x 5
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 2 x 5 (last set is 5+)
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9 RPE), then -10% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (8 RPE, first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

## DAY 4

off
-----

## DAY 5

Bench Press	5RM (9 RPE), then -10% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	4 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	4 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	3 x 10

## DAY 6

Clean (Max Effort)	3RM, then -15% for 3
Back Squat	5RM (9 RPE), then -10% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 8 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

# WEEK 6 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM (9 RPE), then -10% for 5
Back Squat	90% of last week's day six 5RM for 5 x 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's day five 5RM for 5 x 5
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 2 x 5 (last set is 5+)
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	3RM (9.5 RPE), then -10% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (9 RPE, first 2 reps paused 3 sec), then -10% for 2 x 5 (not paused)
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

## DAY 4

off
-----

## DAY 5

Bench Press	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	4 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	4 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	3 x 10

## DAY 6

Clean (Max Effort)	3RM, then -15% for 3
Back Squat	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 9 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)



# WEEK 7 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	90% of 5RM for 2 x 5
Back Squat	90% of last week's day six 5RM for 3 x 5
Goodmornings	90% of 5RM for 3 x 5
Barbell Lunges	3 x 10 each leg (start at 7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's day five 5RM for 3 x 5
Strict Presses	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	90% of 5RM for 3 x 5
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	90% of 3RM for 3 x 3
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	90% of 5RM (first 2 reps paused 3 sec) for 3 x 5
Unilateral Farmer's Walk	3 x 25 yards each arm (7-8 RPE)

## DAY 4

off
-----

## DAY 5

Bench Press	5RM, then -15% for 5+ (with 1 rep in reserve)
1a. Pull-ups	3 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	3 x 15
Superset Part A: Nosebreakers	3 x 10
Superset Part B: Pullovers	3 x 10
Superset Part C: Closegrip Presses	3 x 10
Axle Bar Curls	3 x 10

## DAY 6

Clean (Max Effort)	2RM (9 RPE), then -15% for 2
Back Squat	5RM, then -15% for 5+ (with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 8 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

# WEEK 8 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM
Back Squat	90% of last week's day six 5RM for 5 x 5
Goodmornings	5RM (9 RPE)
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's day five 5RM for 5 x 5
Strict Presses	5RM, then -15% for 5+
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 5+
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

Front Squat (all reps 5 sec eccentric and 5 sec in bottom)	1RM, then -15% for 2 x 3 (all paused)
Snatch Grip Deadlift (from 2 inch deficit, paused at mid-shin)	5RM (first rep paused 1 sec), then -10% for 2 x 5 (not paused)
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

## DAY 4

off
-----

## DAY 5

Bench Press	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	5 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	5 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	3 x 10

## DAY 6

Clean (Max Effort)	Clean and Jerk: 2RM
Back Squat	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	8RM (9.5 RPE), then -15% for 2 x 8
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

# WEEK 9 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM (8 RPE), then -10% for 3
Back Squat	83% for 5 x 3
Sumo Deadlifts	3RM (8 RPE, eccentric slower than concentric), then -10% for 3
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	83% for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	6 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	6 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Front Squat	3RM (9 RPE, first rep paused 3 sec), then -10% for 2 x 3 (same tempo)
Conventional Deadlift (eccentric slower than concentric)	5RM (9 RPE) first two reps paused 3 sec at knee), then -10% for 2 x 5
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	3RM (9 RPE), then -10% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 9 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 9 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 9 RPE)
Dumbbell Triangle Lateral Raises	4 x 8 each (start with 7 RPE, work up to 9 RPE)

## DAY 6

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (8 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (8 RPE), then -20% for 3
Back Squat	3RM (9 RPE), then -10% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM (8 RPE), then -10% for 3, and -15% of 3RM for 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

# WEEK 10 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM (9 RPE), then -10% for 3
Back Squat	90% of last week's day six 3RM for 5 x 3
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric), then -10% for 3
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	90% of last week's day five 3RM for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	8 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	8 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Front Squat	3RM (9.5 RPE, first rep paused 3 sec), then -10% for 2 x 3 (same tempo)
Conventional Deadlift (eccentric slower than concentric)	5RM (9.5 RPE) first two reps paused 3 sec at knee), then -10% for 2 x 5
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
Dumbbell Triangle Lateral Raises	4 x 8 each (start with 7 RPE, work up to 9.5 RPE)

## DAY 6

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM (9 RPE), then -10% for 3, and -15% of 3RM for 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

# WEEK 11 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	90% of 3RM for 2 x 3
Back Squat	90% of last week's day six 3RM for 3 x 3
Sumo Deadlifts	3RM (9 RPE, eccentric slower than concentric)
Barbell Front Rack Lunges	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	90% of last week's day five 3RM for 3 x 3
1a. Dumbbell Incline Bench Press	3 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	3 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	4 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	4 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Front Squat	90% of 3RM for 3 x 3
Conventional Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5 (not paused)
Unilateral Farmer's Walk	3 x 30 yards each arm (7-8 RPE)

## DAY 4

off
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## DAY 5

Bench Press	3RM, then -15% for 3+ (with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	3 x 8 (start with 7 RPE, work up to 9 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	3 x 8 (start with 7 RPE, work up to 9 RPE)
2a. Pull-Ups	3 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	3 x 8 (start with 7 RPE, work up to 9 RPE)
Dumbbell Triangle Lateral Raises	3 x 8 each (start with 7 RPE, work up to 9 RPE)

## DAY 6

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: 1RM (8 RPE), then -20% for 3
Back Squat	3RM, then -15% for 3+ (with 1 rep in reserve)
Goodmornings	90% of 3RM for 3 x 3
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 8 RPE)

# WEEK 12 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM
Back Squat	90% of last week's day six 3RM for 5 x 3
Sumo Deadlifts	3RM (eccentric slower than concentric), then -10% for 3
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)

## DAY 2

Bench Press	90% of last week's day five 3RM for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	8 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	8 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Front Squat	3RM, then -10% for 2 x 3
Conventional Deadlift (eccentric slower than concentric)	5RM (first rep paused 3 sec at knee), then -10% for 2 x 5
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 10 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 10 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 10 RPE)
Dumbbell Triangle Lateral Raises	4 x 8 each (start with 7 RPE, work up to 10 RPE)

## DAY 6

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM, then -15% for 2 x 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (8 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (8 RPE), then -20% for 3
Back Squat	1RM (9.5 RPE, paused 3 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Band or Cable Pull-Throughs	4 x 35 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)
Dual Kettlebell Over Head Front Foot Elevated Lunge Holds	3 x 30 sec each leg

## DAY 2

Bench Press	1RM (9 RPE, paused 3 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM (9 RPE), then -15% for 2 x 5 (last set is 5+)
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)

## DAY 3

Front Squat	1RM (9 RPE, paused 3 sec), then -20% for 2 x 3 (not paused)
Deadlift EMOMs	70% for 7 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but not past 90%
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 90% x 1, 80% x 3, 70% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 2 reps in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

## DAY 6

Clean Max Effort Competition Style	2 Pulls + Clean + Front Squat + Hang Clean Max
Back Squat with Belt	Set 1: 90% x 1, 80% x 3, 70% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 2 reps in reserve)
Deadlift Max Effort	3RM (2 inch deficit with mini bands), then 3RM (9RPE, no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 9 RPE)
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	1RM (9.5 RPE, paused 1 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Band or Cable Pull-Throughs	4 x 40 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)
Dual Kettlebell Over Head Front Foot Elevated Lunge Holds	3 x 35 sec each leg

## DAY 2

Bench Press	1RM (9.5 RPE, paused 1 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM, then -15% for 2 x 5 (last set is 5+)
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)

## DAY 3

Front Squat	1RM (paused 1 sec), then -20% for 2 x 3 (not paused)
Deadlift EMOMs	70% for 8 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but no misses
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 93% x 1, 83% x 3, 73% x 5 Set 2: (add 5-10 kg) 93% x 1, 83% x 3, 73% x 5 (last set is 5+ with 1 rep in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

## DAY 6

Clean Max Effort Competition Style	Pull + Clean + Front Squat + Hang Clean Max
Back Squat with Belt	Set 1: 93% x 1, 83% x 3, 73% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 1 rep in reserve)
Deadlift Max Effort	3RM (2 inch deficit with mini bands), then 3RM (no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 9.5 RPE)
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg



# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (8 RPE), then -20% for 3 (add 2-5 kg) Set 2: 1RM (8 RPE), then -20% for 3 (add 2-5 kg)
Back Squat	1RM (paused 1 sec), then -20% for 2 x 5 (not paused)
1a. Band or Cable Pull-Throughs	3 x 30 sec
1b. Dumbbell Walking Lunges	3 x 10 each leg (start at 7 RPE, work up to 8 RPE)
Dual Kettlebell Over Head Front Foot Elevated Lunge Holds	3 x 25 sec each leg

## DAY 2

Bench Press	1RM (paused 1 sec), then -20% for 2 x 5 (not paused)
1a. Closegrip Axle Bar Bench	90% of 5RM for 3 x 5
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	3 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	3 x 8 (first set 7 RPE, work up to 9.5 RPE)

## DAY 3

Front Squat	90% of 3RM for 3 x 3 (none paused)
Deadlift EMOMs	70% for 10 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up
Unilateral Farmer's Walk	3 x 35 yards each arm (7-8 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 88% x 1, 78% x 3, 68% x 5 Set 2: 88% x 1, 78% x 3, 68% x 5 (last set is 5+ with 2 reps in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

## DAY 6

Clean Max Effort Competition Style	3RM
Back Squat with Belt	Set 1: 88% x 1, 78% x 3, 68% x 5 Set 2: (add 5-10 kg) 88% x 1, 78% x 3, 68% x 5 (last set is 5+ with 2 reps in reserve)
Deadlift Max Effort	2RM (2 inch deficit with mini bands), then 2RM (no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 8 RPE)
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (9 RPE), then -20% for 3 (add 2-5 kg) Set 2: 1RM (9 RPE), then -20% for 3 (add 2-5 kg) Set 3: 1RM (9 RPE), then -20% for 3 (add 2-5 kg)
Back Squat	1RM, then -25% for 3 x 5 (last set is 5+ with 1 rep in reserve)
1a. Band or Cable Pull-Throughs	4 x 45 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 10 RPE)
Dual Kettlebell Over Head Front Foot Elevated Lunge Holds	3 x 40 sec each leg

## DAY 2

Bench Press	1RM, then -25% for 3 x 5 (last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM, then -15% for 5+
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)

## DAY 3

Front Squat	1RM
Deadlift EMOMs	70% for 5 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but not past 85%
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 95% x 1, 85% x 3, 75% x 5 Set 2: (add 5-10 kg) 95% x 1, 85% x 3, 75% x 5 (last set is 5+ with 1 rep in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

## DAY 6

Clean Max Effort Competition Style	2RM
Back Squat with Belt	Set 1: 95% x 1, 85% x 3, 75% x 5 Set 2: (add 5-10 kg) 95% x 1, 85% x 3, 75% x 5 (last set is 5+ with 1 rep in reserve)
Deadlift Max Effort	1RM (2 inch deficit with mini bands), then 1RM (no deficit, no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 10 RPE)
Front Foot Elevated Lunge Holds (use weight if you want)	3 x 30 sec each leg

# WEEK 17 (PEAK)

## DAY 1

Clean	3RM (9 RPE), then -10% for 2 x 3
Back Squat	1RM, then 85% of 1RM for 2 x 3, then 75% of 1RM for 5+ (keep 1 rep in reserve)
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 9 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	1RM, then 85% of 1RM for 2 x 3, then 75% of 1RM for 5+ (keep 1 rep in reserve)
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	4 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 9.5 RPE)

## DAY 3

Front Squat	1RM (9 RPE, paused 1 sec), then -20% for 3 (not paused)
Deadlift EMOMs	70% for 6 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 3 reps, but not past 90%
Back Extensions (with band)	4 x 10 (start at 7 RPE, work up to 9 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 88% x 1, rest 2 minutes, then 73% x 5 Set 2: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5 Set 3: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5+
1a. Seated Dumbbell Military Press	4 x 8 (8 RPE, last set is 8+)
1b. Band, Cable, or TRX Face Pulls	4 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	5 x 10
3b. Barbell Curls	5 x 10

## DAY 6

Clean Max Effort Competition Style	1RM (9 RPE), then -20% for 3 x 2
Back Squat with Belt	Set 1: 88% x 1, rest 2 minutes, then 73% x 5 Set 2: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5 Set 3: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5+
Deadlift Max Effort	1RM (4" deficit)
Dumbbell Lunges (held in rack position - mandatory, and make sure vertical spine)	4 x 8 each leg (work up to 8 RPE on last set)
TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10

# WEEK 18 (PEAK)

## DAY 1

Clean	3RM (9.5 RPE), then -10% for 2 x 3
Back Squat	1RM, then 88% of 1RM for 2 x 3, then 78% of 1RM for 5+ (keep 1 rep in reserve)
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 9.5 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 9.5 RPE)

## DAY 2

Bench Press	1RM, then 88% of 1RM for 2 x 3, then 78% of 1RM for 5+ (keep 1 rep in reserve)
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	4 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 10 RPE)

## DAY 3

Front Squat	1RM (paused 1 sec), then -20% for 3 (not paused)
Deadlift EMOMs	70% for 8 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps, but no misses
Back Extensions (with band)	4 x 10 (start at 7 RPE, work up to 9.5 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 90% x 1, rest 2 minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5+
1a. Seated Dumbbell Military Press	4 x 8 (9 RPE, last set is 8+)
1b. Band, Cable, or TRX Face Pulls	4 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	5 x 10
3b. Barbell Curls	5 x 10

## DAY 6

Clean Max Effort Competition Style	1RM, then -20% for 3 x 2
Back Squat with Belt	Set 1: 90% x 1, rest 2 minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5+
Deadlift Max Effort	1RM (2" deficit)
Dumbbell Lunges (held in rack position - mandatory, and make sure vertical spine)	4 x 8 each leg (work up to 9 RPE on last set)
TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10

# WEEK 19 (PEAK)

## DAY 1

Clean	2RM, then -10% for 2
Back Squat	1RM (9 RPE), then -15% for 3 x 3
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 10 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 10 RPE)

## DAY 2

Bench Press	1RM (9 RPE), then -15% for 3 x 3
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	3 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 9 RPE)

## DAY 3

Front Squat	1RM (9.5 RPE)
Deadlift EMOMs	70% for 10 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps
Back Extensions (with band)	3 x 10 (start at 7 RPE, work up to 10 RPE)

## DAY 4

off
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## DAY 5

Bench Press	Set 1: 93% x 1, rest 2 minutes, then 78% x 3 Set 2: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3 Set 3: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3+
1a. Seated Dumbbell Military Press	8RM, then -10% for 2 x 8
1b. Band, Cable, or TRX Face Pulls	3 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	3 x 10
3b. Barbell Curls	3 x 10

## DAY 6

Clean Max Effort Competition Style	1RM
Back Squat with Belt	Set 1: 93% x 1, rest 2 minutes, then 78% x 3 Set 2: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3 Set 3: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3+
Deadlift Max Effort	1RM (no deficit)
Dumbbell Lunges (held in rack position - mandatory, and make sure vertical spine)	3 x 6 each leg (work up to 8 RPE on last set)
TRX Leg Curls (Dumbbell, Band, or Machine)	3 x 10

# WEEK 20 (TAPER)

## DAY 1

Clean	93% x 1
Low Bar Back Squat	Work Up to 88% for 2 x 1
Deadlift Competition Stance	Work Up to 85% for 2 x 1

## DAY 2

Bench Press	Work Up to Opener x 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Clean Complex	Clean 90% x 1
Back Squat	3 x 10
Pull-Throughs	3 x 10

## DAY 4

Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

off
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## DAY 6

Clean Max Effort	Clean and Jerk: Max
Squat	Max
Bench	Max
Deadlift	Max



# **GET JACKED PROGRAM (LOWER VOLUME)**

Even if you're busy with the demands of this crazy life, you can still get jacked with this program. This is a great balance of strength and hypertrophy work to keep you looking good and feeling good.

# WEEK 1 (ACCUMULATION)

## DAY 1

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 3
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
1a. Dips	4 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	4 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 8 x 2 (work up on last two if no misses)
Front Squat	3RM with 5 sec eccentric (9 RPE), then -10% for 2 x 3
Goodmornings (stay at 7-8 RPE)	start with 25% of Squat for 3 x 8
TRX Leg Curls	4 x 10

## DAY 3

Close Grip Bench Press	60% for 5 x 10
Strict Press (with 5 sec eccentric)	10RM (9 RPE), then -10% for 2 x 10
Bentover Rows (paused on chest 1-2 sec)	63% for 5 x 10
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 4

Clean Complex	2 Cleans (with pause at knee) + 2 Cleans: Max (9 RPE)
Back Squat with Belt	63% for 10 x 10
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM (8 RPE), then -10% for 2 x 5



# WEEK 2 (ACCUMULATION)

## DAY 1

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 4
Dumbbell or Kettlebell Push Press	5RM, then -10% for 2 x 5
1a. Dips	4 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	4 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	73% for 8 x 2 (work up on last three if no misses)
Front Squat	3RM with 5 sec eccentric, then -10% for 2 x 3
Goodmornings (stay at 7-8 RPE)	add 5-10k for 3 x 8
TRX Leg Curls	5 x 10

## DAY 3

Close Grip Bench Press	65% for 5 x 10
Strict Press (with 5 sec eccentric)	10RM, then -10% for 2 x 10
Bentover Rows (paused on chest 1-2 sec)	65% for 5 x 10
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 4

Clean Complex	2 Cleans (with pause at knee) + 2 Cleans: Max
Back Squat with Belt	65% for 10 x 10
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM (9 RPE), then -10% for 2 x 5

# WEEK 3 (ACCUMULATION)

## DAY 1

Wide Grip Bench Press (wider than normal competition grip)	80% for 5 x 5
Dumbbell or Kettlebell Push Press	90% of 5RM for 3 x 5
1a. Dips	3 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	3 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	70% for 6 x 2
Front Squat	90% of 3RM for 3 x 3
Goodmornings (stay at 7-8 RPE)	week one weight for 2 x 8
TRX Leg Curls	3 x 10

## DAY 3

Close Grip Bench Press	60% for 3 x 10
Strict Press (with 5 sec eccentric)	90% of 10RM for 3 x 10
Bentover Rows (paused on chest 1-2 sec)	60% for 3 x 10
Unilateral Farmer's Walk	3 x 20 yards each arm (7-8 RPE)

## DAY 4

Clean Complex	Clean (with pause at knee) + Clean: Max (9 RPE)
Back Squat with Belt	68% for 8 x 8
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	90% of last week's weight for 2 x 5

# WEEK 4 (ACCUMULATION)

## DAY 1

Wide Grip Bench Press (wider than normal competition grip)	80% for 10 x 5
Dumbbell or Kettlebell Push Press	3RM, then -10% for 2 x 3
1a. Dips	5 x submaximal (use weight if more than 10 reps)
1b. Pull-Ups Strict	5 x submaximal (use weight if more than 10 reps)

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last three if no misses)
Front Squat	3RM, then -15% for 3+ (no misses)
Goodmornings (stay at 7-8 RPE)	add 5 kg to week two weight for 3 x 8
TRX Leg Curls	5 x 10

## DAY 3

Close Grip Bench Press	68% for 5 x 10
Strict Press (with 5 sec eccentric)	8RM, then -15% for 8+
Bentover Rows (paused on chest 1-2 sec)	68% for 3 x 10
Unilateral Farmer's Walk	3 x 20 yards each arm (7-9 RPE)

## DAY 4

Clean Complex	Clean (with pause at knee) + Clean: Max
Back Squat with Belt	70% for 8 x 8
Snatch Grip Deadlift (eccentric slower than concentric, don't go all the way down - stop 1 inch from ground)	5RM

# WEEK 5 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM (8 RPE), then -10% for 5
Back Squat	75% for 5 x 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	75% for 5 x 5
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 2 x 5 (last set is 5+)
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

off
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## DAY 4

Clean (Max Effort)	3RM, then -15% for 3
Back Squat	5RM (9 RPE), then -10% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 8 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 5

Bench Press	5RM (9 RPE), then -10% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	4 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	4 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	4 x 10
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

# WEEK 6 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM (9 RPE), then -10% for 5
Back Squat	90% of last week's day four 5RM for 5 x 5
Goodmornings	5RM (8 RPE), then -10% for 2 x 5
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's 5RM for 5 x 5
Strict Presses	5RM, then -15% for 2 x 5 (last set is 5+)
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 2 x 5 (last set is 5+)
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

off
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## DAY 4

Clean (Max Effort)	3RM, then -15% for 3
Back Squat	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 9 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 5

Bench Press	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	4 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	4 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	4 x 10
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

# WEEK 7 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	90% of 5RM for 2 x 5
Back Squat	90% of last week's day four 5RM for 3 x 5
Goodmornings	90% of 5RM for 3 x 5
Barbell Lunges	3 x 10 each leg (start at 7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's 5RM for 3 x 5
Strict Presses	90% of 5RM for 3 x 5
Bentover Rows (paused on chest 1-2 sec)	90% of 5RM for 3 x 5
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

off
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## DAY 4

Clean (Max Effort)	2RM (9 RPE), then -10% for 2
Back Squat	5RM, then -15% for 5+ (with 1 rep in reserve)
RDLs (from a deficit)	3 x 8 (start at 7 RPE, work up to 8 RPE)
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 5

Bench Press	5RM, then -15% for 5+ (with 1 rep in reserve)
1a. Pull-ups	3 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	3 x 15
Superset Part A: Nosebreakers	3 x 10
Superset Part B: Pullovers	3 x 10
Superset Part C: Closegrip Presses	3 x 10
Axle Bar Curls	3 x 10
Unilateral Farmer's Walk	3 x 25 yards each arm (7-8 RPE)

# WEEK 8 (HYPERTROPHY)

## DAY 1

Clean from Block (bar at knee)	5RM
Back Squat	90% of last week's day four 5RM for 5 x 5
Goodmornings	5RM (9 RPE)
Barbell Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)

## DAY 2

Close Grip Bench Press	90% of last week's day five 5RM for 5 x 5
Strict Presses	5RM, then -15% for 5+
Bentover Rows (paused on chest 1-2 sec)	5RM, then -15% for 5+
1a. Axle Bar Incline Bench Press (8 RPE)	3 x 10
1b. Kettlebell Bat Wing Rows	3 x 10 (with 2 sec pause)

## DAY 3

off
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## DAY 4

Clean (Max Effort)	Clean and Jerk: 2RM
Back Squat	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
RDLs (from a deficit)	8RM (9.5 RPE), then -15% for 2 x 8
Dumbbell Step Ups (eccentric slower than concentric)	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 5

Bench Press	5RM, then -15% for 2 x 5 (last set is 5+ with 1 rep in reserve)
1a. Pull-ups	4 x submaximal (use weight if more than 10 reps)
1b. Band Pull-aparts	4 x 15
Superset Part A: Nosebreakers	4 x 10
Superset Part B: Pullovers	4 x 10
Superset Part C: Closegrip Presses	4 x 10
Axle Bar Curls	4 x 10
Unilateral Farmer's Walk	3 x 25 yards each arm (7-9 RPE)

# WEEK 9 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM (8 RPE), then -10% for 3
Back Squat	83% for 5 x 3
Conventional Deadlift (eccentric slower than concentric)	5RM (9 RPE) first two reps paused 3 sec at knee), then -10% for 2 x 5
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	83% for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	6 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	6 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (8 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (8 RPE), then -20% for 3
Back Squat	3RM (9 RPE), then -10% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM (8 RPE), then -10% for 3, and -15% of 3RM for 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

## DAY 4

Bench Press	3RM (9RPE), then -10% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 9 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 9 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 9 RPE)
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)



# WEEK 10 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM (9 RPE), then -10% for 3
Back Squat	90% of last week's day three 3RM for 5 x 3
Conventional Deadlift (eccentric slower than concentric)	5RM (9.5 RPE) first two reps paused 3 sec at knee), then -10% for 2 x 5
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	90% of last week's day four 3RM for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	8 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	8 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM (9 RPE), then -10% for 3, and -15% of 3RM for 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

## DAY 4

Bench Press	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)

# WEEK 11 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	90% of 3RM for 2 x 3
Back Squat	90% of last week's day three 3RM for 3 x 3
Conventional Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5 (not paused)
Barbell Front Rack Lunges	3 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	90% of last week's day four 3RM for 3 x 3
1a. Dumbbell Incline Bench Press	3 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	3 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	4 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	4 x 10-12
Preacher Curls 21s	3 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: 1RM (8 RPE), then -20% for 3
Back Squat	3RM, then -15% for 3+ (with 1 rep in reserve)
Goodmornings	90% of 3RM for 3 x 3
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 8 RPE)

## DAY 4

Bench Press	3RM, then -15% for 3+ (with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	3 x 8 (start with 7 RPE, work up to 9 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	3 x 8 (start with 7 RPE, work up to 9 RPE)
2a. Pull-Ups	3 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	3 x 8 (start with 7 RPE, work up to 9 RPE)
Unilateral Farmer's Walk	3 x 30 yards each arm (7-8 RPE)

# WEEK 12 (ABSOLUTE STRENGTH PEAK)

## DAY 1

Clean from Block (bar below knee)	3RM
Back Squat	90% of last week's day three 3RM for 5 x 3
Conventional Deadlift (eccentric slower than concentric)	5RM (first rep paused 3 sec at knee), then -10% for 2 x 5
Barbell Front Rack Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)

## DAY 2

Bench Press	90% of last week's day four 3RM for 5 x 3
1a. Dumbbell Incline Bench Press	4 x 8 (start with 7 RPE, work up to 9.5 RPE)
1b. Pushups on TRX	4 x submaximal (add weight if more than 10)
2a. Dumbbell Triceps Extension	8 x 6 (first set 7 RPE, work up to 10 RPE)
2b. Band or Cable Pushdowns	8 x 10-12
Preacher Curls 21s	4 sets: 7 (bottom to halfway up) +7 (top to halfway down) +7 (full reps)

## DAY 3

Clean (observe "Golden Rule" for 1RM - see program explanation)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
Goodmornings	3RM, then -15% for 2 x 5
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Rear Leg Elevated Split Squats (focus on a vertical spine)	3 x 5 each leg (2 sec pause at parallel. Start with 7 RPE, work up to 9 RPE)

## DAY 4

Bench Press	3RM, then -15% for 2 x 3 (last set is 3+ with 1 rep in reserve)
1a. Closegrip Axle Bar Floor Press	4 x 8 (start with 7 RPE, work up to 10 RPE)
1b. Dumbbell or Kettlebell Bentover Rows	4 x 8 (start with 7 RPE, work up to 10 RPE)
2a. Pull-Ups	4 x submaximal (add weight if more than 10)
2b. Kettlebell Upright Rows (each hand)	4 x 8 (start with 7 RPE, work up to 10 RPE)
Unilateral Farmer's Walk	4 x 30 yards each arm (7-9 RPE)

# WEEK 13 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (8 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (8 RPE), then -20% for 3
Back Squat	1RM (9.5 RPE, paused 3 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
Deadlift EMOMs	70% for 7 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but not past 90%
1a. Band or Cable Pull-Throughs	4 x 35 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	1RM (9 RPE, paused 3 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM (9 RPE), then -15% for 2 x 5 (last set is 5+)
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 3

Clean Max Effort Competition Style	2 Pulls + Clean + Front Squat + Hang Clean Max
Back Squat with Belt	Set 1: 90% x 1, 80% x 3, 70% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 2 reps in reserve)
Deadlift Max Effort	3RM (2 inch deficit with mini bands), then 3RM (9RPE, no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 9 RPE)

## DAY 4

Bench Press	Set 1: 90% x 1, 80% x 3, 70% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 2 reps in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

# WEEK 14 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	1RM (9.5 RPE, paused 1 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
Deadlift EMOMs	70% for 7 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but no misses
1a. Band or Cable Pull-Throughs	4 x 40 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 9.5 RPE)

## DAY 2

Bench Press	1RM (9.5 RPE, paused 1 sec), then -25% for 3 x 5 (not paused, last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM, then -15% for 2 x 5 (last set is 5+)
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 3

Clean Max Effort Competition Style	Pull + Clean + Front Squat + Hang Clean Max
Back Squat with Belt	Set 1: 93% x 1, 83% x 3, 73% x 5 Set 2: (add 5-10 kg) 90% x 1, 80% x 3, 70% x 5 (last set is 5+ with 1 rep in reserve)
Deadlift Max Effort	3RM (2 inch deficit with mini bands), then 3RM (no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 9.5 RPE)

## DAY 4

Bench Press	Set 1: 93% x 1, 83% x 3, 73% x 5 Set 2: (add 5-10 kg) 93% x 1, 83% x 3, 73% x 5 (last set is 5+ with 1 rep in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

# WEEK 15 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (8 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (8 RPE), then -20% for 3
Back Squat	1RM (paused 1 sec), then -20% for 2 x 5 (not paused)
Deadlift EMOMs	70% for 10 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up
1a. Band or Cable Pull-Throughs	3 x 30 sec
1b. Dumbbell Walking Lunges	3 x 10 each leg (start at 7 RPE, work up to 8 RPE)

## DAY 2

Bench Press	1RM (paused 1 sec), then -20% for 2 x 5 (not paused)
1a. Closegrip Axle Bar Bench	90% of 5RM for 3 x 5
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	3 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	3 x 8 (first set 7 RPE, work up to 9.5 RPE)
Unilateral Farmer's Walk	3 x 35 yards each arm (7-8 RPE)

## DAY 3

Clean Max Effort Competition Style	3RM
Back Squat with Belt	Set 1: 88% x 1, 78% x 3, 68% x 5 Set 2: (add 5-10 kg) 88% x 1, 78% x 3, 68% x 5 (last set is 5+ with 2 reps in reserve)
Deadlift Max Effort	2RM (2 inch deficit with mini bands), then 2RM (no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 8 RPE)

## DAY 4

Bench Press	Set 1: 88% x 1, 78% x 3, 68% x 5 Set 2: 88% x 1, 78% x 3, 68% x 5 (last set is 5+ with 2 reps in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

# WEEK 16 (HIGH INTENSITY / FREQUENCY)

## DAY 1

Clean from Block (bar at knee)	Set 1: 1RM (9 RPE), then -20% for 3 Set 2: (add 2-5 kg) 1RM (9 RPE), then -20% for 3 Set 3: (add 2-5 kg) 1RM (9 RPE), then -20% for 3
Back Squat	1RM, then -25% for 3 x 5 (last set is 5+ with 1 rep in reserve)
Deadlift EMOMs	70% for 5 sets: Deadlift (full) + Deadlift (to slightly below knee and back up) Work up but not past 85%
1a. Band or Cable Pull-Throughs	4 x 45 sec
1b. Dumbbell Walking Lunges	4 x 10 each leg (start at 7 RPE, work up to 10 RPE)

## DAY 2

Bench Press	1RM, then -25% for 3 x 5 (last set is 5+ with 1 rep in reserve)
1a. Closegrip Axle Bar Bench	5RM, then -15% for 5+
1b. Rows (cable, TRX, or T-bar)	3 x 10 (last set is 10+)
2a. Dumbbell Flat Bench Press	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
2b. Kettlebell Batwing Rows (paused 3 sec on chest each rep)	4 x 8 (first set 7 RPE, work up to 9.5 RPE)
Unilateral Farmer's Walk	4 x 35 yards each arm (7-9 RPE)

## DAY 3

Clean Max Effort Competition Style	2RM
Back Squat with Belt	Set 1: 95% x 1, 85% x 3, 75% x 5 Set 2: (add 5-10 kg) 95% x 1, 85% x 3, 75% x 5 (last set is 5+ with 1 rep in reserve)
Deadlift Max Effort	1RM (2 inch deficit with mini bands), then 1RM (no deficit, no bands)
1a. TRX Leg Curls (DB, Band, or Machine)	3 x 10
1b. Barbell Hack Squats	3 x 10 (start with 7 RPE, work up to 10 RPE)

## DAY 4

Bench Press	Set 1: 95% x 1, 85% x 3, 75% x 5 Set 2: (add 5-10 kg) 95% x 1, 85% x 3, 75% x 5 (last set is 5+ with 1 rep in reserve)
1a. Dumbbell Clean and Press	3 x 10
1b. Dumbbell Lateral Raises	3 x 10
1c. Plate Front Raises	3 x 10
2a. Incline Dumbbell Curls	4 x 10
2b. Skull Crushers	4 x 10

# WEEK 17 (PEAK)

## DAY 1

Clean	3RM (9 RPE), then -10% for 2 x 3
Back Squat	1RM, then 85% of 1RM for 2 x 3, then 75% of 1RM for 5+ (keep 1 rep in reserve)
Deadlift EMOMs	70% for 6 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 3 reps, but not past 90%
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 9 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 9 RPE)

## DAY 2

Bench Press	1RM, then 85% of 1RM for 2 x 3, then 75% of 1RM for 5+ (keep 1 rep in reserve)
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	4 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 9.5 RPE)

## DAY 3

Clean Max Effort Competition Style	1RM (9 RPE), then -20% for 3 x 2
Back Squat with Belt	Set 1: 88% x 1, rest 2 minutes, then 73% x 5 Set 2: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5 Set 3: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5+
Deadlift Max Effort	1RM (4" deficit)
Back Extensions (with band)	4 x 10 (start at 7 RPE, work up to 9 RPE)

## DAY 4

Bench Press	Set 1: 88% x 1, rest 2 minutes, then 73% x 5 Set 2: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5 Set 3: (add 5 kg to each weight if possible) 88% x 1, rest 2 minutes, then 73% x 5+
1a. Seated Dumbbell Military Press	4 x 8 (8 RPE, last set is 8+)
1b. Band, Cable, or TRX Face Pulls	4 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	5 x 10
3b. Barbell Curls	5 x 10



# WEEK 18 (PEAK)

## DAY 1

Clean	3RM (9.5 RPE), then -10% for 2 x 3
Back Squat	1RM, then 88% of 1RM for 2 x 3, then 78% of 1RM for 5+ (keep 1 rep in reserve)
Deadlift EMOMs	70% for 8 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps, but no misses
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 9.5 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 9.5 RPE)

## DAY 2

Bench Press	1RM, then 88% of 1RM for 2 x 3, then 78% of 1RM for 5+ (keep 1 rep in reserve)
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	4 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 10 RPE)

## DAY 3

Clean Max Effort Competition Style	1RM, then -20% for 3 x 2
Back Squat with Belt	Set 1: 90% x 1, rest 2 minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5+
Deadlift Max Effort	1RM (2" deficit)
Back Extensions (with band)	4 x 10 (start at 7 RPE, work up to 9.5 RPE)

## DAY 4

Bench Press	Set 1: 90% x 1, rest 2 minutes, then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1, rest 2 minutes, then 75% x 5+
1a. Seated Dumbbell Military Press	4 x 8 (9 RPE, last set is 8+)
1b. Band, Cable, or TRX Face Pulls	4 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	5 x 10
3b. Barbell Curls	5 x 10

# WEEK 19 (PEAK)

## DAY 1

Clean	2RM, then -10% for 2
Back Squat	1RM (9 RPE), then -15% for 3 x 3
Deadlift EMOMs	70% for 10 sets: Deadlift (to break 2 inches and down) + Deadlift (to knee and down) + Deadlift (full). Work up on last 4 reps
1a. Barbell Step Ups	4 x 10 each leg (start with 7 RPE, work up to 10 RPE)
1b. Barbell Elevated Hip Thrusts	4 x 15 (start with 7 RPE, work up to 10 RPE)

## DAY 2

Bench Press	1RM (9 RPE), then -15% for 3 x 3
1a. Incline Barbell Bench Press	4 x 8 (8 RPE, last set is 8+)
1b. Barbell Bentover Rows	4 x 8 (8 RPE, last set is 8+)
2a. Ring Dips	3 x submaximal (add weight if more than 10)
2b. Incline Dumbbell Curls	4 x 10 (start with 7 RPE, work up to 9 RPE)

## DAY 3

Clean Max Effort Competition Style	1RM
Back Squat with Belt	Set 1: 93% x 1, rest 2 minutes, then 78% x 3 Set 2: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3 Set 3: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3+
Deadlift Max Effort	1RM (no deficit)
Back Extensions (with band)	3 x 10 (start at 7 RPE, work up to 10 RPE)

## DAY 4

Bench Press	Set 1: 93% x 1, rest 2 minutes, then 78% x 3 Set 2: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3 Set 3: (add 5 kg to each weight if possible) 93% x 1, rest 2 minutes, then 78% x 3+
1a. Seated Dumbbell Military Press	8RM, then -10% for 2 x 8
1b. Band, Cable, or TRX Face Pulls	3 x 12
2a. Band, Cable, or Dumbbell Lateral Raises	3 x 10
2b. Pull-ups	3 x submaximal (add weight if more than 10)
3a. Dumbbell Triceps Extension	3 x 10
3b. Barbell Curls	3 x 10

# WEEK 20 (TAPER)

## DAY 1

Clean	93% x 1
Low Bar Back Squat	Work Up to 88% for 2 x 1
Deadlift Competition Stance	Work Up to 85% for 2 x 1

## DAY 2

Bench Press	Work Up to Opener x 1
Band Rows	3 x 10
Band Pushdowns	3 x 10

## DAY 3

Clean Complex	Clean 90% x 1
Back Squat	80% for 2 x 2
Pull-Throughs	3 x 30 sec

## DAY 4

Bench Press	80% for 2 x 2
Seated Dumbbell Power Cleans	3 x 10
Band Rows	3 x 10

## DAY 5

off
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## DAY 6

Clean Max Effort	Clean and Jerk: Max
Squat	Max
Bench	Max
Deadlift	Max



# FUNCTIONAL FITNESS

For this program, I employed Coach Crystal McCullough, MSN, CSCS to aid me in the metabolic conditioning, gymnastics, and core stability parts. I have never met anyone better at using science to piece together the delicate intricacies of functional fitness programming. I admire the way she pairs together creativity and science, assuring that anyone using her programs will both enjoy the creativity and benefit from the results. Unfortunately we are still early in the functional fitness era, so there is little research or science. However, one can use the proven elements to program a solid approach.

We are pairing a specific strength plan with a solid metabolic conditioning plan. I wrote the strength plan to peak early. The intent is not only to peak the athlete's strength - but to also peak the athlete's ability to cycle medium and light weights specific to the sport of functional fitness. The final block does just this, as well as maximizing an athlete's power output.

The goal for this program's end is much like in a strength and conditioning block: I want the functional fitness athlete to roll into competition with their bodies feeling ready to move and work. Absolute strength is important because it makes prescribed weights a lighter percentage of one's capability. However, a competitor's fitness level and degree of recovery is more important when you are talking about being ready for a functional fitness event.

## NOTES FROM COACH CRYSTAL MCCULLOUGH

First and foremost, this is not an individualized program. It is based on what I've seen are common weaknesses and covers all the energy systems. With this program, an individual can be as fit as possible while reducing the risk of injury - all without the price tag of a one-on-one individual program.

Programming for functional fitness is more of an art than a science. There isn't a lot of solid published research available yet. Previous coaches have been amazing mentors in this particular area. They were never too prideful or stubborn to discuss the whys and hows of my program. It helped me to understand my own needs and helped me to identify the needs of others.

Without past coaches like Nate Schrader or Scott Paltos, I might not have found the love for programming I have. Their training styles were very different, and this allowed me to see the value in multiple methodologies. I have also learned a lot about the intricacies of specific programming from conversations and material from Chris Hinshaw, CJ Martin, and James Fitzgerald. My program style has evolved over the years and will continue to change based on shifts in the sport, recent research, and an individual athlete's needs.

The weights assigned to workouts are a general guideline. My recommendation is to not scale up as there is an intended stimulus for the training day. But if the weight is too heavy, by all means, scale the weight down to an appropriate weight. For the skill and core strength portions, if there is a movement you cannot do yet, use a regression to get the same stimulus.

If you don't have access to certain equipment, you can substitute. For instance, you can sub an echo bike for an assault bike - or a

rower for a bike. The idea is to do the program as written, but it can be modified due to equipment or skill level. Scaling is something I am passionate about. If you encounter a movement you are unable to do yet, scale it appropriately.

When there are parameters set for skill work such as 3-8 reps or 30-60 seconds, it is merely a guideline based on skill level. If you can do the maximum work, do the maximum work.

You should start each session with a general warm-up and then a warm-up specific to the movements you will be performing that day. A general warm-up consists of getting the heart rate up and getting the muscles warm. That is not done by static stretching but by dynamic movement.

Some go-tos are:

- Bike or row for 1-2 minutes
- Leg swings
- Greatest stretch
- Skips
- Jumping jacks
- Soldier march
- Side shuffle
- Carioca
- Arm swings
- Walkouts
- Hip circle monster walks, side walks, leg raises, etc. (These are my favorite.)

Specific movement prep is doing complementary movements specific to the main movement on any given day. For example:

- Warm-up for the snatch might be shoulder dislocates, overhead squats, Sott's press, muscle snatch, or snatches from the power position and hang.
- Warm-up for the clean might be front squats, cleans from the power position and hang, or some banded work to allow for the lats and triceps to have a good front rack position.
- Warm-up for the jerk might be strict press, push press, push jerk, behind the neck presses from split, or jerks in split position.

Here is how I have planned the conditioning and skill work:

For the first four weeks of this program, we are working on the mechanics of the movement, core strength, strict skill work, and aerobic capacity. The focus is strength while maintaining low intensity, long duration aerobic work.

Most of the workouts in Weeks 1-4 are longer duration, steady state conditioning at 80%. This simply means you are able to move at a steady pace the entire time. In the first week of the program, there will be some testers that we will retest later in the cycle. Skill and core strength work is geared more to strengthen positions with strict movements and core work.

For Weeks 5-8, we are still focused on strength while adding in some ballistic skill work in addition to strict movements. When the skill work calls for a movement like handstand push-ups, you can scale by doing negatives or make it more challenging by adding a deficit. There will also be a few more testers in these weeks. A few traditional workouts will be mixed in, but longer duration conditioning and intervals are still the focus for these four weeks.

In Weeks 9-12, we will be peaking strength here and continuing to work on aerobic capacity and skill work. There will also be more testers. We want to evaluate progress along the way. You will also start seeing some shorter time domains here.

The focus of Weeks 13-16 moves toward more traditional workouts you might see in functional fitness events. Strength will continue to be maintained throughout this block with added barbell cycling for practice and efficiency.

You will find in Weeks 17-20 that the focus is on maintaining your aerobic capacity while focusing on movements and time domains most commonly found in functional fitness competitions.

Finally, we peak our strength work on Week 21 while we rest and recover in our conditioning elements.



# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 7 x 2 (rest 60 sec between sets)
Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	3RM, then -10% for 2 x 3
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm
Conditioning: TESTER - 2000m Row Time Trial (max effort). (Note split time between each 500m and 1000m.)	

## DAY 2

Push Press	5RM, then -10% for 2 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	60% for 5 x 10
Dips (eccentric slower than concentric)	4 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 4 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in EROM Bottom of Dip for 15-45 sec	
Conditioning: TESTER - Assault Bike for 5 mins (max calories)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 7 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg), then -10% for 2 x 5 each leg
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 40 sec
Conditioning (steady pace and able to pick up the pace in the last two rounds): TESTER (courtesy of OPEX Fitness) - 10 Rounds: 4 Burpees, 6 Kettlebell Swings (70/55), 8 Wall Balls (20/14 to 10' target)	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: TESTER - Run 1 mile (ideally on a track)	

## DAY 5

Max Effort Snatch	3RM (from blocks, bar at knees)
Max Effort Clean	3RM (from blocks, bar at knees)
Strict Press	80% for 10 x 3
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	10RM, then -10% for 2 x 10
Conditioning: TESTER - 2 sets: Max Unbroken Strict Handstand Pushups, Rest 90 secs, Max Burpees in 1 min, Rest 3 mins. (note difference between set 1 and 2)	

## DAY 6

Back Squat with Belt	63% for 10 x 10
DB Leg Curls (eccentric slower than concentric)	4 x 10
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	73% for 7 x 2 (rest 60 sec between sets)
Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	3RM, then -10% for 2 x 3
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 3 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm
Conditioning: 3 Rounds (at 80% steady pace): Row x 1000m, Bike x 75/60 calories, Double Unders x 100	

## DAY 2

Push Press	5RM, then -10% for 2 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	63% for 5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 4 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in Bottom of Dip for 15-45 sec	
Conditioning: 5 x 500m Row (at 80% pace) Ratio 1:2 Work:Rest. (note each time)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	73% for 7 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg), then -10% for 2 x 5 each leg
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 45 sec
Conditioning: AMRAP15 (at 80% pace), 400m Med Ball Carry, 12 Burpees, 10 Toes to Bar	

## DAY 4

Core Strength/Skill Work: Not for Time - 4 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: Run Sprints: 8 x 100m Sprints (at 80% pace, increasing to 90% on last 3), Rest 2 mins between sets. (note each individual time and when pace falls off)	

## DAY 5

Max Effort Snatch	3RM (from blocks, bar at knees)
Max Effort Clean	3RM (from blocks, bar at knees)
Strict Press	80% for 10 x 4
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	10RM, then -10% for 2 x 10
Conditioning: Every 30 secs for 15 mins: 1 Clean and Jerk (135/95 or for stronger athletes 185/135) Form First! (choose the weight that will allow you not to compromise the integrity of the lift)	

## DAY 6

Back Squat with Belt	65% for 10 x 10
DB Leg Curls (eccentric slower than concentric)	5 x 10
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 6 x 2 (rest 60 sec between sets)
Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	Take 90% of last week and do 3 x 3
Snatch Grip Deadlift (eccentric slower than concentric)	Take 90% of last week and do 2 x 5
Unilateral Farmer's Walk	3 x 50 yards each arm
Conditioning: AMRAP25 (at 80% steady pace): 1500m Row, 800m Run, 3/2 Rope Climbs (legless if possible)	

## DAY 2

Push Press	Take 90% of last week's 5RM and do 3 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	60% for 3 x 10
Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 3 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in Bottom of Dip for 15-45 sec	
Conditioning: 5 Rounds: Bike (fast pace) 2 mins, Bike (slow pace) 1 min. (note total difference)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 6 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	90% of 5RM for 3 x 5 each leg (5 sec eccentric)
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 35 sec
Conditioning: Every 2 mins for 20 mins (10 sets): 12 (6 each arm) Alternating Dumbbell OSnatches (65/45), 40 Double Unders. (move efficiently and try to keep same pace for each set)	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: Run 4 x 400m (work:rest = 1:2, preferably on track at 1 mile pace, note pace of each set)	

## DAY 5

Max Effort Snatch	2RM (from blocks, bar at knees)
Max Effort Clean	2RM (from blocks, bar at knees)
Strict Press	80% for 10 x 3
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	90% of 10RM for 3 x 10
Conditioning: 5 sets (steady pace): Sled Push x 25 yards (high handles, 125/100), Bilateral Farmer's Carry x 50 yards (100/70 each hand), Sled Push x 25 yards (low handles, 125/100), Burpees x 20, Rest 2 mins between sets	

## DAY 6

Back Squat with Belt	68% for 8 x 8
DB Leg Curls (eccentric slower than concentric)	3 x 10
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	75% for 6 x 2 (rest 60 sec between sets)
Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	3RM
Snatch Grip Deadlift (eccentric slower than concentric)	3RM
Unilateral Farmer's Walk	3 x 50 yards each arm
Conditioning: 3 Rounds (at 80% steady pace): Row 1000m, Run 1 mile (at 2 mile pace), Double Unders x 100	

## DAY 2

Push Press	5RM, then -15% for 5+
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	65% for 5 x 10
Dips (eccentric slower than concentric)	4 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 5 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in Bottom of Dip for 15-45 sec	
Conditioning: Bike Intervals 20 sets: 30 secs hard, 30 secs easy. (note total distance)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	75% for 6 x 2 (rest 90 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg, stop when you need a spot on the last 1-2 reps)
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 50 sec
Conditioning: Every 90 secs for 15 mins (10 sets): 10 Wall Burpees (20/14 to 10' target), 10 Burpees. (move efficiently and try to keep same pace for each set)	

## DAY 4

Core Strength/Skill Work: Not for Time - 5 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: Run (85-95% pace): 800m x 2 (work:rest = 1:1). 400m x 3 (work:rest = 1:1), 200m x 5 (work:rest = 1:2)	

## DAY 5

Max Effort Snatch	1RM (from blocks, bar at knees)
Max Effort Clean	1RM (from blocks, bar at knees)
Strict Press	80% for 10 x 5
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	8RM, then -10% for 8
Conditioning: 4 sets (steady pace): Forward Sled Drag x 50 yards, Overhead Single Arm Kettlebell Bottom-up Carry x 25 yards each side, Weighted Bear Crawls x 25 yards, Deadbugs x 5 each side, Backward Sled Drag x 50 yards	

## DAY 6

Back Squat with Belt	70% for 8 x 8
DB Leg Curls (eccentric slower than concentric)	4 x 8
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 5 (HYPERTROPHY)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Heaving Snatch Balance	3RM (2 deep breaths in bottom of each rep)
Snatch Pulls (off 4 inch blocks)	start at 95% for 3 x 3 (work up heavy)
Conditioning: TESTER - Row 5K (max effort)	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Back Squat	78% for 5 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	5RM (8 RPE), then -10% for 5
Core Strength/Skill Work: Not for Time - 3 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: TESTER - Assault Bike x 10 mins (max calories)	

## DAY 3

Jerk Complex	70% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1RM (9 RPE)
Push Press	3RM (9 RPE), then - 10% for 2 x 3
Superset 1A. Dumbbell Bench Press	4 x 8
Superset 1B. Dumbbell Triceps Extension	4 x 8
Superset 1C. Kettlebell Bentover Rows	4 x 8
Conditioning: TESTER - Max Unbroken Wall Balls (20/14 to 10' target), Rest 10 mins, Max Unbroken Double Unders	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Run Intervals: 8-12 sets (1 min run hard, 1 min run easy. Increase sets each week and note total distance)	

## DAY 5

Snatch (from blocks, bar at knee)	2RM
Clean and Jerk (from blocks, bar at knee)	2RM
Superset 1A: Strict Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10 reps)
Superset 1B: Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10 reps)
Conditioning (in a steady state for 25 mins, conversational pace): Row or Bike x 3 min, Weighted Box Step-ups x 10, Single Arm Overhead Carry x 25 yards, Deadbugs x 10 each side, Sled Drag Forward x 20 yards and Backward x 20 yards	

## DAY 6

Back Squat with Belt	Set 1: 80% x 3 (rest two mins), then 60% x 10 Set 2: (add 5 kg to each weight if possible) 80% x 3 (rest two mins), then 60% x 10 Set 3: (add 5 kg to each weight if possible) 80% x 3 (rest two mins), then 60% x 10
Max Effort Clean Deadlifts	3RM (from 8 inch blocks)
Reverse Hypers or Band Pull-Throughs	3 x 35 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 6 (HYPERTROPHY)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	78% for 8 x 2 (work up on last 2 if no misses, 120 sec rest between sets)
Heaving Snatch Balance	3RM (2 deep breaths in bottom of each rep)
Snatch Pulls (off 4 inch blocks)	Start at 98% for 3 x 3 (work up heavy)
Conditioning: Steady State for 30 mins: Bike, every 3 mins stop and do 10 Burpees	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	78% for 8 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Back Squat	80% for 6 x 4
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	5RM (9 RPE), then -10% for 5
Core Strength/Skill Work: Not for Time - 4 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: 3 x 1000m Row (80% pace, work:rest = 1:2, note each time)	

## DAY 3

Jerk Complex	73% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1RM (9 RPE)
Push Press	3RM, then - 10% for 2 x 3
Superset 1A. Dumbbell Bench Press	4 x 8
Superset 1B. Dumbbell Triceps Extension	4 x 8
Superset 1C. Kettlebell Bentover Rows	4 x 8
Conditioning: AMRAP15: 20 (10 each leg) Weighted Box Step-ups, 12 Chest to Bar Pull-ups, 8 Push Jerks (155/105 or 165/115 for stronger athletes)	

## DAY 4

Core Strength/Skill Work: Not for Time - 4 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Run Intervals: 8-12 sets (1 min run hard, 1 min run easy. Increase sets each week and note total distance)	

## DAY 5

Snatch (from blocks, bar at knee)	2RM
Clean and Jerk (from blocks, bar at knee)	2RM
Superset 1A: Strict Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10 reps)
Superset 1B: Dips (eccentric slower than concentric)	3 x 12
Conditioning (in a steady state for 25 mins, conversational pace): Row or Bike x 3 min, Cossack Squats x 10 each, Zercher Carry x 50 yards, Pallof Press x 10 each side, Sled Drag Forward x 25 yards and Backward x 25 yards	

## DAY 6

Back Squat with Belt	Set 1: 83% x 3 (rest two mins), then 63% x 10 Set 2: (add 5 kg to each weight if possible) 83% x 3 (rest two mins), then 63% x 10 Set 3: (add 5 kg to each weight if possible) 83% x 3 (rest two mins), then 63% x 10
Max Effort Clean Deadlifts	3RM (from 4 inch blocks)
Reverse Hypers or Band Pull-Throughs	3 x 40 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 7 (HYPERTROPHY)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	73% for 6 x 2 (60 sec rest between sets)
Heaving Snatch Balance	1RM (2 deep breaths in bottom of each rep)
Snatch Pulls (off 4 inch blocks)	Start at 90% for 3 x 3 (work up heavy)
Conditioning: Steady state for 30 mins: Row, every 1000m stop and do 50 yard Farmer's Carry (100/70 each)	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	73% for 6 x 2 (60 sec rest between sets)
Back Squat	75% for 5 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	90% of 5RM for 2 x 5
Core Strength/Skill Work: Not for Time - 3 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: Bike Intervals 25 sets: 30 secs hard, 30 secs easy (note total distance)	

## DAY 3

Jerk Complex	70% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused)
Push Press	90% of 3RM for 3 x 3
Superset 1A. Dumbbell Bench Press	3 x 8
Superset 1B. Dumbbell Triceps Extension	3 x 8
Superset 1C. Kettlebell Bentover Rows	3 x 8
Conditioning: Steady pace/around 85-90% for 4 rounds: 50 Double Unders, 12 Deadlifts (225/155), 10 Bar Facing Burpees	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Run Intervals: 8-12 sets (1 min run hard, 1 min run easy. Increase sets each week and note total distance)	

## DAY 5

Snatch (from blocks, bar at knee)	1RM
Clean and Jerk (from blocks, bar at knee)	1RM
Superset 1A: Strict Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10 reps)
Superset 1B: Dips (eccentric slower than concentric)	3 x 12
Conditioning (in a steady state for 30 mins, conversational pace): Row or Bike x 3 min, Weighted Bear Crawl x 20 yards, Lateral Box Step-ups x 10 each leg, Russian Twist x 15 each side, Kettlebell Bottom-up Single-Arm Carry x 20 yards each	

## DAY 6

Back Squat with Belt	Set 1: 80% x 3 (rest two mins), then 60% x 10 Set 2: (do not increase weight) 80% x 3 (rest two mins), then 60% x 10 Set 3: (do not increase weight) 80% x 3 (rest two mins), then 60% x 10
Max Effort Clean Deadlifts	1RM (from 4 inch blocks), then -15% for 3
Reverse Hypers or Band Pull-Throughs	3 x 30 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 8 (HYPERTROPHY)

## DAY 1

Hang Snatch (below knee, 5 sec eccentric)	80% for 7 x 2 (work up on last 2 if no misses, fully recover between sets)
Heaving Snatch Balance	1RM
Snatch Pulls (off 4 inch blocks)	Start at 100% for 3 x 3 (work up heavy)
Conditioning: Steady state for 30 mins: Bike, every 3 mins stop and do 50 yard sled push 150/100	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	80% for 7 x 2 (work up on last 2 if no misses, fully recover between sets)
Back Squat	83% for 3 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	3RM
Core Strength/Skill Work: Not for Time - 5 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: 10 x 250m Row (at 90% pace, Work:Rest = 1:1)	

## DAY 3

Jerk Complex	75% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1 set of complex: Max
Push Press	3RM
Superset 1A. Dumbbell Bench Press	4 x 6
Superset 1B. Dumbbell Triceps Extension	4 x 6
Superset 1C. Kettlebell Bentover Rows	4 x 6
Conditioning: Every 2 mins for 20 mins (10 sets): 20 Kettlebell Swings (55/35), 40 Double Unders (move efficiently and try to keep the same pace for each set)	

## DAY 4

Core Strength/Skill Work: Not for Time - 5 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Run Intervals: 8-12 sets (1 min run hard, 1 min run easy. Increase sets each week and note total distance)	

## DAY 5

Snatch (from blocks, bar at knee)	1RM
Clean and Jerk (from blocks, bar at knee)	1RM
Superset 1A: Strict Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10 reps)
Superset 1B: Dips (eccentric slower than concentric)	3 x 12
Conditioning (in a steady state for 30 mins, conversational pace): Row or Bike x 3 min, Spiderman Crawl x 10 yards, Zercher Lunges x 10 each leg, Plank Hold x 45 sec, Farmer's Carry x 50 yards	

## DAY 6

Back Squat with Belt	Set 1: 85% x 3 (rest two mins), then 65% x 8 Set 2: (add 5 kg to each weight if possible) 85% x 3 (rest two mins), then 65% x 8 Set 3: (add 5 kg to each weight if possible) 85% x 3 (rest two mins), then 65% x 8
Max Effort Clean Deadlifts	1RM (from floor, perfect form)
Reverse Hypers or Band Pull-Throughs	3 x 45 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	



# WEEK 9 (STRENGTH)

## DAY 1

Clean Complex	73% for 7 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last two if no misses)
Back Squat	85% for 5 x 3
Clean Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 5
Conditioning: RETEST (compare to week one) - 2000m Row Time Trial (max effort, note split time between each 500m and 100m)	

## DAY 2

Power Snatch (percent based on snatch)	65% for 4 x 3, then 3RM (no misses)
Front Squat + Jerk Complex	75% for 3 sets: 3 Squats + 2 Jerks. After all sets completed, 3 Squats + Jerk 2RM (no misses)
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 8
Superset 1C: Barbell Bentover Rows	4 x 8
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: RETEST (compare to week one) - Assault Bike for 5 mins (max calories)	

## DAY 3

Snatch Complex	73% for 7 sets: 1 Snatch (paused at knee) + 1 Snatch (work up on last two if no misses)
Barbell Lunges	5RM each leg, then -10% for 2 x 5 each leg
Snatch Pulls (off low blocks)	Start at 95% for 3 x 3 (work up heavy)
Conditioning: RETEST (compare to week one) 10 Rounds: 4 Burpees, 6 Kettlebell Swings (70/55), 8 Wall Balls (RX 20/14 to 10' target)	

## DAY 4

Snatch	88% for 6 x 1 (working up on last 2-3)
Clean and Jerk	88% for 6 x 1 (working up on last 2-3)
Push Press	1RM, then -20% for 2 x 3 (last set is 3+)
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 3 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: RETEST (compare to week one) - Run 1 mile (ideally perform same place as week one)	

## DAY 5

Back Squat with Belt	Set 1: 85% x 2 (rest two mins), then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2 (rest two mins), then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2 (rest two mins), then 70% x 6
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 6
Conditioning: RETEST (compare to week one) - 2 sets: Max Unbroken Strict Handstand Pushups, Rest 90 sec, Max Burpees in 1 min, rest 3 mins (note difference between set 1 and 2)	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 10 (STRENGTH)

## DAY 1

Clean Complex	75% for 8 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last three if no misses)
Back Squat	88% for 5 x 3
Clean Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 5
Conditioning: Steady state for 40 mins: Row: every 1000m, stop and do Overhead Axle Carry x 30 yards forward and 30 yards backward	

## DAY 2

Power Snatch (percent based on snatch)	68% for 4 x 2, then 2RM (no misses)
Front Squat + Jerk Complex	78% for 4 sets: 2 Squats + 2 Jerks. After all sets completed, 2 Squats + Jerk 2RM (no misses)
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 8
Superset 1B: Dumbbell Triceps Extension	4 x 8
Superset 1C: Barbell Bentover Rows	4 x 8
Core Strength/Skill Work: Not for Time - 4 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 21-15-9. Power Cleans (135/95 or 165/115 for stronger athletes), Burpees over the Bar	

## DAY 3

Snatch Complex	75% for 8 sets: 1 Snatch (paused at knee) + 1 Snatch (work up on last three if no misses)
Barbell Lunges	5RM each leg, then -10% for 2 x 5 each leg
Snatch Pulls (off low blocks)	Start at 98% for 3 x 3 (work up heavy)
Conditioning: Bike Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 4

Snatch	90% for 5 x 1 (working up on last 2-3 if no misses)
Clean and Jerk	90% for 5 x 1 (working up on last 2-3 if no misses)
Push Press	1RM, then -20% for 2 x 3 (last set is 3+)
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 4 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: AMRAP12: 200m Run, 4/3 Bar Muscle-ups, 20 Overhead Walking Lunge Steps	

## DAY 5

Back Squat with Belt	Set 1: 88% x 2 (rest two mins), then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2 (rest two mins), then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2 (rest two mins), then 73% x 6+
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 6
Conditioning: Steady state for 25 mins (conversational pace): Row or Bike x 3 mins, Anti-Rotational Plank Pulls with Sandbag or Kettlebell x 10 each side, Sled Drag Forward x 25 yards, Deadbugs x 8 each side, Sled Drag Backward x 25 yards, Lunge Hold with Knee 2 inches off ground x 30 sec each	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 11 (STRENGTH)

## DAY 1

Clean Complex	70% for 7 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk
Back Squat	83% for 5 x 3
Clean Grip Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5
Conditioning: Steady state for 40 mins - Bike: Every 4 mins, stop and do Unilateral Carry x 25 yards each hand	

## DAY 2

Power Snatch (percent based on snatch)	65% for 5 x 2
Front Squat + Jerk Complex	75% for 4 sets: 3 Squats + 2 Jerks
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	3 x 8
Superset 1B: Dumbbell Triceps Extension	3 x 8
Superset 1C: Barbell Bentover Rows	3 x 8
Core Strength/Skill Work: Not for Time - 5 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 3 Rounds: 25 Front Squats (115/75), 15 Handstand Push-ups	

## DAY 3

Snatch Complex	70% for 7 sets: 1 Snatch (paused at knee) + 1 Snatch
Barbell Lunges	90% of 5RM for 3 x 5 each leg
Snatch Pulls (off low blocks)	95% for 3 x 3
Conditioning: Row Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 4

Snatch	88% for 4 x 1
Clean and Jerk	88% for 4 x 1
Push Press	80% of 1RM for 3 x 3
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 5 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: Every 2 mins on the min for 10 mins (5 sets), 10 Unbroken Thrusters (95/65), 8 Handstand Push-ups	

## DAY 5

Back Squat with Belt	Set 1: 85% x 1 (rest two mins), then 75% x 5 Set 2: (do not increase weight) 85% x 1 (rest two mins), then 75% x 5 Set 3: (do not increase weight) 85% x 1 (rest two mins), then 75% x 5
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	3 x 5
Conditioning: Steady state for 25 mins (conversational pace): Row or Bike x 3 mins, Walking Lunge Steps (2 sec pause in bottom) x 8 each side, Grasshoppers x 20, Overhead Single Arm Dumbbell Carry x 25 yards each side, Banded Face Pulls x 15, Pallof Press x 10 each	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 12 (STRENGTH)

## DAY 1

Clean Complex	78% for 6 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last three if no misses)
Back Squat	90% for 5 x 2
Clean Grip Deadlift (eccentric slower than concentric)	3RM
Conditioning: Steady state for 20 mins - Row: every 4 mins, stop and do 50 foot Sled Sprint	

## DAY 2

Power Snatch (percent based on snatch)	70% for 4 x 2, then 1RM
Front Squat + Jerk Complex	2 Squats + 1 Jerk: Max
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 6
Superset 1B: Dumbbell Triceps Extension	4 x 6
Superset 1C: Barbell Bentover Rows	4 x 6
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 4 Rounds: 400m Run, 25 Burpees	

## DAY 3

Snatch Complex	78% for 6 sets: 1 Snatch (paused at knee) + 1 Snatch (work up on last three if no misses)
Barbell Lunges	5RM each leg
Snatch Pulls (off low blocks)	Start at 100% for 3 x 3 (work up heavy)
Conditioning: Bike Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 4

Snatch	90% for 3 x 1, 93% for 2 x 1 (work up on sec 93% rep if feeling good)
Clean and Jerk	90% for 3 x 1, 93% for 2 x 1 (work up on sec 93% rep if feeling good)
Push Press	1RM, then -20% for 3+
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 3 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: 6 Rounds: 3 Muscle-ups, 6 Overhead Squats (155/105), 9 Toes to Bar	

## DAY 5

Back Squat with Belt	Set 1: 90% x 1 (rest two mins), then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 75% x 5
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 5
Conditioning: Steady state for 20 mins (conversational pace): Row or Bike x 3 mins, Lateral Box Step-ups x 10 each (no help from back foot), Renegade Row x 10 (L+R = 1), Bilateral Farmer's Carry x 50 yards, Jackknife Situps x 12, Sandbag or Odd Object Carry x 200m (don't run)	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 13 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	63% for 3 x 2
Snatch	85% x 1, 88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Clean and Jerk	85% x 1, 88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Back Squat	85% x 3, 75% x 5, 88% x 2, 78% x 4, 90% x 1, 80% x 3+
Conditioning: RETEST (compare to week five) - Row 5K (max effort)	

## DAY 2

Power Snatch	2RM, then -20% for 2+ (touch and go unbroken)
Mash Method Jerks	Set 1: Jerk 88% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 2: Jerk 90% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 3: Jerk 93% x 1, (add 20 kg) then 3 Jerk Dip Squats Set 4: Jerk 95% x 1
Power Clean	2RM, then -20% for 2+ (touch and go unbroken)
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Superset 1C: Band or TRX Face Pulls	3 x 12
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: RETEST (compare to week five) - Assault Bike x 10 mins (max calories)	

## DAY 3

Snatch	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Clean	73% x 2, 78% x 2, 83% x 1, 75% x 1, 80% x 1, 85% x 1
Deadlift (eccentric slower than concentric)	3RM, then -10% for 3
Conditioning: RETEST (compare to week five) - Max Unbroken Wall Balls (RX 20/14 to 10' target), Rest 10 mins, Max Unbroken Double Unders	

## DAY 4

Drop Snatch	3RM (8 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max, then 60% of 1RM for 3 reps (unbroken, EMOM for 5 mins)
Clean and Jerk Max Effort Competition Style	Max, then 60% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Dumbbell or Kettlebell Push Presses	4 x 6 (stay between 7-9 RPE)
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: Steady State on Rower x 20 mins. Every 500m, stop and do 50 yard Farmer's Carry	

## DAY 5

No Hook and No Feet Snatch	65% for 2 x 3, then 3RM (8 RPE)
Back Squat with Belt	Set 1: 90% x 1 (rest two mins), then 80% x 4 Set 2: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 80% x 4 Set 3: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 80% x 4+
RDLs (from 2 inch deficit, with light or mini bands)	4 x 6 (stay between 7-9 RPE)
Leg Curls (dumbbell, band, or machine)	3 x 10
Conditioning: AMRAP12: Double Front Rack Kettlebell Box Step-ups x 10 each leg (35/20 to 12-16 inches), Reverse Lunges (bodyweight only) x 8 each leg, Push Press x 6 (135/95 or 165/115 for stronger athletes)	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 14 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	65% for 3 x 2
Snatch	85% x 1, 90% x 1, 93% x 1, 95% x 1, 88% x 1, 93% x 1, 97% x 1
Clean and Jerk	85% x 1, 90% x 1, 93% x 1, 95% x 1, 88% x 1, 93% x 1, 97% x 1
Back Squat	88% x 3, 78% x 5, 90% x 2, 80% x 4, 93% x 1, 83% x 3+
Conditioning: 5 Rounds: 300m Row, 20 Burpees over the Rower	

## DAY 2

Power Snatch	2RM, then -20% for 2+ (tough and go unbroken)
Mash Method Jerks	Set 1: Jerk 90% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 2: Jerk 93% x 1, (add 20 kg) then 3 Jerk Dip Squats Set 3: Jerk 95% x 1, (add 20 kg) then 3 Jerk Dip Squats Set 4: Jerk 98% x 1
Power Clean	2RM, then -20% for 2+ (touch and go unbroken)
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Superset 1C: Band or TRX Face Pulls	3 x 12
Core Strength/Skill Work: Not for Time - 4 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 17.5, 10 Rounds for Time: 9 Thrusters (95/65), 35 Double Unders	

## DAY 3

Snatch	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Clean	75% x 2, 80% x 2, 85% x 1, 78% x 1, 83% x 1, 88% x 1
Deadlift (eccentric slower than concentric)	3RM, then -10% for 3
Conditioning: 9 min AMRAP: Assault Bike (25/20 calories), 10 Toes to Bar, 5 Tall Box Jumps (30/24)	

## DAY 4

Drop Snatch	3RM (9 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max, then 65% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Clean and Jerk Max Effort Competition Style	Max, then 65% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Dumbbell or Kettlebell Push Presses	4 x 6 (stay between 7-9 RPE, progress from last week)
Core Strength/Skill Work: Not for Time - 4 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: 2 Rounds: 2000m Row, 30 Kettlebell Swings (55/44)	

## DAY 5

No Hook and No Feet Snatch	68% for 2 x 3, then 3RM (9 RPE)
Back Squat with Belt	Set 1: 93% x 1 (rest two mins), then 83% x 4 Set 2: (add 5 kg to each weight if possible) 93% x 1 (rest two mins), then 83% x 4 Set 3: (add 5 kg to each weight if possible) 93% x 1 (rest two mins), then 83% x 4+
RDLs (from 2 inch deficit, with light or mini bands)	4 x 6 (stay between 7-9 RPE, progress from last week)
Leg Curls (dumbbell, band, or machine)	3 x 10
Conditioning: Steady state for 25 mins (conversational pace): Bike x 3 mins, Forward Sled Drag to Press x 12, Kettlebell Snatches x 8 each arm (55/35), Backward Sled Drag to Row x 12, Wall Sit Rotating Ball Slams x 8 each side	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 15 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	60% for 3 x 2
Snatch	Work up to 90% for 2 x 1
Clean and Jerk	Work up to 90% for 2 x 1
Back Squat	83% x 3, 73% x 5, 85% x 2, 75% x 4, 88% x 1, 78% x 3+
Conditioning: 5 sets: 30 sec x max calories on Assault Bike, 10 Burpees, Rest 2 mins between sets. (Score is total number of calories only.)	

## DAY 2

Power Snatch	1RM
Mash Method Jerks	Set 1: Work up to Opener Jerk, (add 10 kg) then 3 Jerk Dip Squats. Set 2: Sec attempt x 1, (add 10 kg) then 3 Jerk Dip Squats. Set 3: PR Attempt.
Power Clean	1RM
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Superset 1C: Band or TRX Face Pulls	3 x 12
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 15.3 AMRAP14: 7 Muscle-ups, 50 Wall Balls (20/14 to 10 ft), 100 Double Unders	

## DAY 3

Snatch	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Clean	70% for 2 x 2, 75% x 2, 80% x 1, 83% x 1
Deadlift (eccentric slower than concentric)	90% of 3RM for 3 x 3
Conditioning: 4 sets: In 3 mins complete: 500m Row, Max Kettlebell Swings (53/35), Rest 4 mins between sets. (Score is total kettlebell swings)	

## DAY 4

Drop Snatch	1RM (9 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Dumbbell or Kettlebell Push Presses	4 x 6 (stay at 7 RPE)
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: 8 Sets: Run 1 min hard, Run 1 min easy	

## DAY 5

No Hook and No Feet Snatch	65% for 3 x 3
Back Squat with Belt	Set 1: 95% x 1 (rest two mins), then 85% x 3 Set 2: (add 5 kg to each weight if possible) 95% x 1 (rest two mins), then 85% x 3 Set 3: (add 5 kg to each weight if possible) 95% x 1 (rest two mins), then 85% x 3
RDLs (from 2 inch deficit, with light or mini bands)	4 x 6 (stay at 7 RPE)
Leg Curls (dumbbell, band, or machine)	3 x 10
Conditioning: 6 Rounds: 5 Hang Power Cleans (165/115 or 185/135 for stronger athlete). Focus on efficient barbell cycling. 7 Burpee Box Jumps (24/20), 10 toes to bar	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 16 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	68% for 3 x 2
Snatch	93% x 1, 95% x 1
Clean and Jerk	93% x 1, 95% x 1
Back Squat	90% x 3, 80% x 5, 93% x 2, 83% x 4, 95% x 1, 85% x 3+ (stop one rep before failure)
Conditioning: 3 Rounds: Ski Erg x 1000m, Double Unders x 75, Handstand Push-ups x 15	

## DAY 2

Power Snatch	1RM (9 RPE), then -20% for AMRAP
Mash Method Jerks	Opener x 2 Jerks
Power Clean	1RM (9 RPE), then -20% for AMRAP
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Superset 1C: Band or TRX Face Pulls	3 x 12
Core Strength/Skill Work: Not for Time - 5 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 16.3, 7 min AMRAP: 10 Power Snatches (75/55), 3 Bar Muscle-ups	

## DAY 3

Snatch	Last Warm Up for 2 x 1
Clean	Last Warm Up for 2 x 1
Deadlift (eccentric slower than concentric)	1RM (no misses)
Conditioning: 10 Rounds for Time: 100m Run, 10 Kettlebell Swings (70/55), Rest 60 sec between rounds	

## DAY 4

Drop Snatch	1RM (9 RPE)
Snatch Max Effort Competition Style	Max, then 50% of Max for 5 reps (unbroken) x 3 sets (with AMRAP on last set, no misses)
Clean and Jerk Max Effort Competition Style	Max, then 50% of Max for 3 reps (unbroken) x 3 sets (with AMRAP on last set, no misses)
Dumbbell or Kettlebell Push Presses	6RM, then -15% for 6+
Core Strength/Skill Work: Not for Time - 5 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: Steady state on rower for 25 mins. Every 5 mins, stop and do Staggered Carry (overhead + farmers) x 25 yards each	

## DAY 5

No Hook and No Feet Snatch	Max single (9 RPE)
Back Squat with Belt	Max, then -20% for 3
RDLs (from 2 inch deficit, with light or mini bands)	6RM, then -10% for 2 x 6
Leg Curls (dumbbell, band, or machine)	3 x 10
Conditioning: AMRAP10: 10 Push Jerks (135/95 or 165/115 for stronger athletes), 10 hand release Push-ups, 10 each leg Walking Lunge steps 35/25	

## DAY 6

Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	
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# WEEK 17 (TAPER AND MAX)

## DAY 1

Snatch	88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Clean and Jerk	85% x 1, 88% x 1, 85% x 1, 88% x 1, 90% x 1
Back Squat with Belt	88% for 3 x 2
Conditioning: 3 Rounds: Row 800m, 400m Med Ball Carry (20/14), 80 Double Unders	

## DAY 2

Power Snatch	70% for 3 x 2
Power Clean and Jerk	70% for 3 x 1
Superset 1A: Band Pushdowns	3 x 10
Superset 1B: Rows	3 x 10
Core Strength/Skill Work: 2 Sets: Max Muscle-ups x 30 secs, Rest 2 mins, Max Wall Balls x 1 min, Rest 2 mins, Max Burpees x 2 mins, Rest 5 mins	
Conditioning: Row Intervals: 5 x 500m (90% pace), Rest 2 mins between sets (keep track of each individual time)	

## DAY 3

Snatch	85% x 1, 88% x 1, 85% x 1, 88% x 1, 90% x 1
Clean and Jerk	83% x 1, 85% x 1, 83% x 1, 85% x 1, 88% x 1
Clean Pull Shrugs	100% for 3 x 3
Conditioning: Test of 13.2: 10 Min AMRAP, 5 Shoulder to Overhead (115/75), 10 Deadlifts (115/75), 15 Box Jumps (24/20)	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Intervals: 2 x 800m (at 1 mile pace)	

## DAY 5

Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Conditioning: (in a steady state) Bike for 30 mins. Every 3 mins, stop and do 12 Kettlebell Snatches (6 each arm).	

## DAY 6

Back Squat with Belt	Max
Deadlift	Max
Superset 1A: TRX Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Stretch Hip Flexor (half-kneeling stretch)	3 x 30 sec each leg
Superset 1C: Side Planks	3 x 30 sec each side
Superset 1D: Reverse Plank (feet in chair)	3 x 30 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 18 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	75% for 10 x 1 EMOM (work up on last 4 no more than 85%), then 65% AMRAP (unbroken)
Overhead Squat Variation Max Effort	Drop Snatch 3RM, then -10% AMRAP Overhead Squats
Conditioning: 15 min AMRAP: 8 Double Dumbbell Snatch (40/25), 12 Toes to Bar, 16 (8 each leg) Weighted Box Step-ups (40/25 to 16-20 inch box)	

## DAY 2

Clean and Jerk Warm Up	Work up to 65% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	70% for 10 x 1 EMOM (work up on last 4, no more than 80%), then 60% AMRAP (unbroken)
Push Press	3RM (8 RPE), then -10% for 3+
Core Strength/Skill Work: Not for Time - 3 sets: 50 Unbroken Double Unders (do at the end of workout to work on double unders in fatigued state)	
Conditioning: Row Sprints: 10 x 250m (at 90% pace), Rest 2 mins between sets (keep track of each individual time)	

## DAY 3

Front Squat	3RM (8 RPE, first rep paused 2 sec)
Dynamic Deadlift (eccentric slower than concentric)	65% for 8 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.75 m/s or faster)
Conditioning: Test of 19.5: 33-27-21-15-9 reps For Time: Thrusters (95/65), Chest-to-Bar Pull-ups. Time Cap: 20 mins	

## DAY 4

Core Strength/Skill Work: Not for Time - 4 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Intervals: 3 x 600m (at 1 mile pace)	

## DAY 5

Snatch	3RM (9 RPE, unbroken)
Clean and Jerk Complex	Pull + Clean + 2 Front Squats + Jerk from Front + Jerk from Rear: Max (9 RPE)
Superset 1A: Ring Dips (eccentric slower than concentric)	3 x 8
Superset 1B: Barbell Rows (paused 2 sec at top of row)	3 x 8
Superset 1C: Plate Lateral Raises	3 x 8
Conditioning: (in a steady state) Row for 30 mins. Every 1000m, stop and do 40 yard odd object or yoke carry	

## DAY 6

SS Bar Dynamic Squats (speed strength)	6 x 3 with 30% bar weight + 30% bands with 60 sec rest, then 3RM (at 0.75 m/s or faster)
Banded Back Hyperextensions	3 x 15
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 19 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 68% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	78% for 10 x 1 EMOM (work up on last 4 no more than 85%), then 68% AMRAP (unbroken)
Overhead Squat Variation Max Effort	Drop Snatch 3RM, then -10% AMRAP Overhead Squats
Conditioning: 5 Rounds for Time: Row (20 Calories), 12 Wall Balls (20/14 to 10'), 8 Handstand Push-ups	

## DAY 2

Clean and Jerk Warm Up	Work up to 68% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	73% for 10 x 1 EMOM (work up on last 4, no more than 83%), then 63% AMRAP (unbroken)
Push Press	3RM (9 RPE), then -10% for 3+
Core Strength/Skill Work: Not for Time - 4 sets: 50 Unbroken Double Unders (do at the end of workout to work on double unders in fatigued state)	
Conditioning: Assault Bike Intervals: 8 x 30 secs work / 8 x 30 secs rest (note total calories)	

## DAY 3

Front Squat	3RM (9 RPE, first rep paused 2 sec)
Dynamic Deadlift (eccentric slower than concentric)	68% for 8 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.75 m/s or faster)
Conditioning: AMRAP 8 mins: 3 Cleans (165/115 or 185/135 for stronger athletes), 3 Burpees, 3 Cleans (165/115 or 185/135 for stronger athletes), 6 Burpees, 3 Cleans (165/115 or 185/135 for stronger athletes), 9 Burpees - etc (continue to follow same pattern until time is up)	

## DAY 4

Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Intervals: 4 x 400m (at 1 mile pace, Work:Rest = 1:2)	

## DAY 5

Snatch	Hang Power Snatch: 5RM (9 RPE, unbroken)
Clean and Jerk Complex	3 Hang Power Cleans + 3 Power Jerks: Max (9 RPE)
Superset 1A: Ring Dips (eccentric slower than concentric)	3 x 8
Superset 1B: Barbell Rows (paused 2 sec at top of row)	3 x 8
Superset 1C: Plate Lateral Raises	3 x 8
Conditioning: Steady state for 25 mins (80% pace): Bike or Row x 3 mins, Cossack Squats x 8 each side, Low Spiderman Crawl x 10 yards, Hollow Rocks x 15, Banded Good Mornings x 10, Plank Hold x 45 sec	

## DAY 6

SS Bar Dynamic Squats (speed strength)	6 x 3 with 35% bar weight + 30% bands with 60 sec rest, then 3RM (at 0.75 m/s or faster)
Banded Back Hyperextensions	3 x 15
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 20 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	70% for 10 x 1 EMOM
Overhead Squat Variation Max Effort	Drop Snatch 1RM
Conditioning: 6 Rounds for Time: 5 Hang Power Snatches (125/85, focus on barbell cycling efficiently), 10 Box Jumps (30/24)	

## DAY 2

Clean and Jerk Warm Up	Work up to 65% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	70% for 8 x 1 EMOM
Push Press	90% of 3RM for 3 x 3
Core Strength/Skill Work: Not for Time - 3 sets: 30 seconds max Muscle Ups, Rest 1 min, 50 Unbroken Double Unders, Rest 3 mins	
Conditioning: E2MOM for 5 sets: Assault Bike (15/12 calories), 10 Burpees	

## DAY 3

Front Squat	90% of 3RM for 2 x 3 (not paused)
Dynamic Deadlift (eccentric slower than concentric)	60% for 8 x 2 (60-90 sec rest between sets, 0.8 m/s or faster)
Conditioning: Test of 19.1: AMRAP 15 mins: 19 Wall Balls (20/14 to 10'), Row (19 calorie)	

## DAY 4

Core Strength/Skill Work: Not for Time - 5 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Sprints: 10 x 100m (at 400m pace, Work:Rest = 1:2)	

## DAY 5

Snatch	3 Snatch + 3 Overhead Squat: Max (8 RPE)
Clean and Jerk Complex	3RM (8 RPE)
Superset 1A: Ring Dips (eccentric slower than concentric)	3 x 8
Superset 1B: Barbell Rows (paused 2 sec at top of row)	3 x 8
Superset 1C: Plate Lateral Raises	3 x 8
Conditioning: Steady state for 25 mins (80% pace): Bike or Row x 3 mins, Banded Pullaparts x 10, Deadbugs x 6 each side, Russian Baby Makers x 10, Zercher Carries x 40 yards, Lateral Lunges x 5 each side	

## DAY 6

SS Bar Dynamic Squats (speed strength)	7 x 3 with 30% bar weight + 30% bands with 60 sec rest, then 3RM (at 1.0 m/s or faster)
Banded Back Hyperextensions	3 x 15
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 21 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 70% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	80% for 10 x 1 EMOM (work up on last 4 no more than 90%), then 70% AMRAP (unbroken)
Overhead Squat Variation Max Effort	Drop Snatch 1RM, then -10% AMRAP Overhead Squats
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 2

Clean and Jerk Warm Up	Work up to 70% for 3 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	75% for 10 x 1 EMOM (work up on last 4, no more than 85%), then 65% AMRAP (unbroken)
Push Press	1RM (9 RPE), then -20% for AMRAP (unbroken)
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 3

Front Squat	3RM (9 RPE)
Dynamic Deadlift (eccentric slower than concentric)	70% for 7 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.7 m/s or faster)
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 4

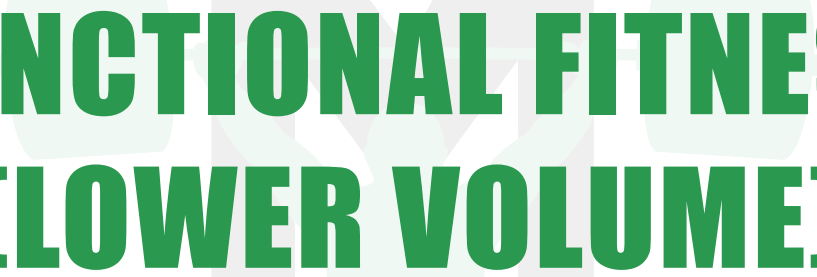
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## DAY 5

Snatch	Max (9 RPE), then -30% AMRAP (unbroken, 2 reps in reserve)
Clean and Jerk Complex	Max (9 RPE), then -30% AMRAP (unbroken, 2 reps in reserve)
Superset 1A: Ring Dips (eccentric slower than concentric)	3 x 6
Superset 1B: Barbell Rows (paused 2 sec at top of row)	3 x 6
Superset 1C: Plate Lateral Raises	3 x 6
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 6

SS Bar Dynamic Squats (speed strength)	5 x 3 with 40% bar weight + 30% bands with 60 sec rest, then 2RM (at 0.75 m/s or faster)
Banded Back Hyperextensions	3 x 15
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	



# **FUNCTIONAL FITNESS (LOWER VOLUME)**

Here's a functional fitness program with less demands as far as volume is concerned. This is still a great program to get you stronger and fitter. Give it your all, and you'll see progress.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 7 x 2 (rest 60 sec between sets)
Back Squat with Belt	63% for 10 x 10
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm
Conditioning: TESTER - 2000m Row Time Trial (max effort). (Note split time between each 500m and 1000m.)	

## DAY 2

Push Press	5RM, then -10% for 2 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	60% for 5 x 10
Dips (eccentric slower than concentric)	4 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 4 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in EROM Bottom of Dip for 15-45 sec	
Conditioning: TESTER - Assault Bike for 5 mins (max calories)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 7 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg), then -10% for 2 x 5 each leg
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 40 sec
Conditioning (steady pace and able to pick up the pace in the last two rounds): TESTER (courtesy of OPEX Fitness) - 10 Rounds: 4 Burpees, 6 Kettlebell Swings (70/55), 8 Wall Balls (20/14 to 10' target)	

## DAY 4

Off
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## DAY 5

Max Effort Snatch	3RM (from blocks, bar at knees)
Max Effort Clean	3RM (from blocks, bar at knees)
Strict Press	80% for 10 x 3
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	10RM, then -10% for 2 x 10
Core Strength/Skill Work: Not for Time - 3 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: TESTER - 2 sets: Max Unbroken Strict Handstand Pushups, Rest 90 secs, Max Burpees in 1 min, Rest 3 mins. (note difference between set 1 and 2)	

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	73% for 7 x 2 (rest 60 sec between sets)
Back Squat with Belt	65% for 10 x 10
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 3 x 5
Unilateral Farmer's Walk	3 x 40 yards each arm
Conditioning: 3 Rounds (at 80% steady pace): Row x 1000m, Bike x 75/60 calories, Double Unders x 100	

## DAY 2

Push Press	5RM, then -10% for 2 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	63% for 5 x 10
Dips (eccentric slower than concentric)	5 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 4 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in EROM Bottom of Dip for 15-45 sec	
Conditioning: 5 x 500m Row (at 80% pace) Ratio 1:2 Work:Rest. (note each time)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	73% for 7 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg), then -10% for 2 x 5 each leg
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 45 sec
Conditioning: AMRAP15 (at 80% pace), 400m Med Ball Carry, 12 Burpees, 10 Toes to Bar	

## DAY 4

Off	
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## DAY 5

Max Effort Snatch	3RM (from blocks, bar at knees)
Max Effort Clean	3RM (from blocks, bar at knees)
Strict Press	80% for 10 x 4
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	10RM, then -10% for 2 x 10
Core Strength/Skill Work: Not for Time - 4 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: Every 30 secs for 15 mins: 1 Clean and Jerk (135/95 or for stronger athletes 185/135) Form First! (choose the weight that will allow you not to compromise the integrity of the lift)	



# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 6 x 2 (rest 60 sec between sets)
Back Squat with Belt	68% for 8 x 8
Snatch Grip Deadlift (eccentric slower than concentric)	Take 90% of last week and do 2 x 5
Unilateral Farmer's Walk	3 x 50 yards each arm
Conditioning: AMRAP25 (at 80% steady pace): 1500m Row, 800m Run, 3/2 Rope Climbs (legless if possible)	

## DAY 2

Push Press	Take 90% of last week's 5RM and do 3 x 5
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	60% for 3 x 10
Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 3 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in EROM Bottom of Dip for 15-45 sec	
Conditioning: 5 Rounds: Bike (fast pace) 2 mins, Bike (slow pace) 1 min. (note total difference)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	70% for 6 x 2 (rest 60 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	90% of 5RM for 3 x 5 each leg (5 sec eccentric)
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 35 sec
Conditioning: Every 2 mins for 20 mins (10 sets): 12 (6 each arm) Alternating Dumbbell OSnatches (65/45), 40 Double Unders. (move efficiently and try to keep same pace for each set)	

## DAY 4

Off	
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## DAY 5

Max Effort Snatch	2RM (from blocks, bar at knees)
Max Effort Clean	2RM (from blocks, bar at knees)
Strict Press	80% for 10 x 3
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	90% of 10RM for 3 x 10
Core Strength/Skill Work: Not for Time - 3 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: 5 sets (steady pace): Sled Push x 25 yards (high handles, 125/100), Bilateral Farmer's Carry x 50 yards (100/70 each hand), Sled Push x 25 yards (low handles, 125/100), Burpees x 20, Rest 2 mins between sets	

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Snatch Squat Snatch (below knee, 5 sec eccentric, 3 sec pause in catch)	75% for 6 x 2 (rest 60 sec between sets)
Back Squat with Belt	70% for 8 x 8
Snatch Grip Deadlift (eccentric slower than concentric)	3RM
Unilateral Farmer's Walk	3 x 50 yards each arm
Conditioning: 3 Rounds (at 80% steady pace): Row 1000m, Run 1 mile (at 2 mile pace), Double Unders x 100	

## DAY 2

Push Press	5RM, then -15% for 5+
Close Grip Bench Press (eccentric slower than concentric, 1 sec pause on chest)	65% for 5 x 10
Dips (eccentric slower than concentric)	4 x submaximal (use weight if more than 10 reps)
Core Strength/Skill Work: Not for Time, All Movements Strict - 5 sets: Sternum to Ring Pull-ups (5 sec eccentric, pausing 2 sec at top) for 3-8 reps, Ring Dips (5 sec eccentric) for 3-8 reps, Hold in EROM Bottom of Dip for 15-45 sec	
Conditioning: Bike Intervals 20 sets: 30 secs hard, 30 secs easy. (note total distance)	

## DAY 3

Hang Clean Squat Clean (below knee, 5 sec eccentric, 3 sec pause in catch)	75% for 6 x 2 (rest 90 sec between sets)
Rear Leg Elevated Split Squats (SS bar preferred, or straight bar if necessary)	5RM (5 sec eccentric, start with weak leg, stop when you need a spot on the last 1-2 reps)
Reverse Hypers or Band Pull-Throughs (focus on progressing for maximal results)	3 x 50 sec
Conditioning: Every 90 secs for 15 mins (10 sets): 10 Wall Burpees (20/14 to 10' target), 10 Burpees. (move efficiently and try to keep same pace for each set)	

## DAY 4

Off
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## DAY 5

Max Effort Snatch	1RM (from blocks, bar at knees)
Max Effort Clean	1RM (from blocks, bar at knees)
Strict Press	80% for 10 x 5
Tempo Bentover Rows (5 sec eccentric, 2 sec pause on chest, 3 sec concentric, no rest at bottom)	8RM, then -10% for 8
Core Strength/Skill Work: Not for Time - 5 sets: 10 Jefferson Curls (slow and controlled), Kettlebell Bottom-Up Seated Z Press x 10 each arm, Hollow Hold for 30-60 sec	
Conditioning: 4 sets (steady pace): Forward Sled Drag x 50 yards, Overhead Single Arm Kettlebell Bottom-up Carry x 25 yards each side, Weighted Bear Crawls x 25 yards, Deadbugs x 5 each side, Backward Sled Drag x 50 yards	

# WEEK 5 (HYPERTROPHY)

## DAY 1

Jerk Complex	70% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1RM (9 RPE)
Push Press	3RM (9 RPE), then - 10% for 2 x 3
Superset 1A. Dumbbell Bench Press	4 x 8
Superset 1B. Kettlebell Bentover Rows	4 x 8
Conditioning: TESTER - Row 5K (max effort)	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Back Squat	78% for 5 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	5RM (8 RPE), then -10% for 5
Core Strength/Skill Work: Not for Time - 3 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: TESTER - Assault Bike x 10 mins (max calories)	

## DAY 3

Off
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## DAY 4

Heaving Snatch Balance	3RM (2 deep breaths in bottom of each rep)
Snatch (from blocks, bar at knee)	2RM
Clean and Jerk (from blocks, bar at knee)	2RM
Core Strength/Skill Work: Not for Time - 3 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: TESTER - Max Unbroken Wall Balls (20/14 to 10' target), Rest 10 mins, Max Unbroken Double Unders	

## DAY 5

Hang Snatch (below knee, 5 sec eccentric)	75% for 7 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Back Squat with Belt	Set 1: 80% x 3 (rest two mins), then 60% x 10 Set 2: (add 5 kg to each weight if possible) 80% x 3 (rest two mins), then 60% x 10 Set 3: (add 5 kg to each weight if possible) 80% x 3 (rest two mins), then 60% x 10
Reverse Hypers or Band Pull-Throughs	3 x 35 sec
Conditioning (in a steady state for 25 mins, conversational pace): Row or Bike x 3 min, Weighted Box Step-ups x 10, Single Arm Overhead Carry x 25 yards, Deadbugs x 10 each side, Sled Drag Forward x 20 yards and Backward x 20 yards	

# WEEK 6 (HYPERTROPHY)

## DAY 1

Jerk Complex	73% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1RM (9 RPE)
Push Press	3RM, then - 10% for 2 x 3
Superset 1A. Dumbbell Bench Press	4 x 8
Superset 1B. Kettlebell Bentover Rows	4 x 8
Conditioning: Steady State for 30 mins: Bike, every 3 mins stop and do 10 Burpees	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	78% for 8 x 2 (work up on last 2 if no misses, 90 sec rest between sets)
Back Squat	80% for 6 x 4
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	5RM (9 RPE), then -10% for 5
Core Strength/Skill Work: Not for Time - 4 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: 3 x 1000m Row (80% pace, work:rest = 1:2, note each time)	

## DAY 3

Off
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## DAY 4

Heaving Snatch Balance	3RM (2 deep breaths in bottom of each rep)
Snatch (from blocks, bar at knee)	2RM
Clean and Jerk (from blocks, bar at knee)	2RM
Core Strength/Skill Work: Not for Time - 4 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: AMRAP15: 20 (10 each leg) Weighted Box Step-ups, 12 Chest to Bar Pull-ups, 8 Push Jerks (155/105 or 165/115 for stronger athletes)	

## DAY 5

Hang Snatch (below knee, 5 sec eccentric)	78% for 8 x 2 (work up on last 2 if no misses, 120 sec rest between sets)
Back Squat with Belt	Set 1: 83% x 3 (rest two mins), then 63% x 10 Set 2: (add 5 kg to each weight if possible) 83% x 3 (rest two mins), then 63% x 10 Set 3: (add 5 kg to each weight if possible) 83% x 3 (rest two mins), then 63% x 10
Reverse Hypers or Band Pull-Throughs	3 x 40 sec
Conditioning (in a steady state for 25 mins, conversational pace): Row or Bike x 3 min, Cossack Squats x 10 each, Zercher Carry x 50 yards, Pallof Press x 10 each side, Sled Drag Forward x 25 yards and Backward x 25 yards	

# WEEK 7 (HYPERTROPHY)

## DAY 1

Jerk Complex	70% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused)
Push Press	90% of 3RM for 3 x 3
Superset 1A. Dumbbell Bench Press	3 x 8
Superset 1B. Kettlebell Bentover Rows	3 x 8
Conditioning: Steady state for 30 mins: Row, every 1000m stop and do 50 yard Farmer's Carry (100/70 each)	

## DAY 2

Hang Clean (below knee, 5 sec eccentric)	73% for 6 x 2 (60 sec rest between sets)
Back Squat	75% for 5 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	90% of 5RM for 2 x 5
Core Strength/Skill Work: Not for Time - 3 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: Bike Intervals 25 sets: 30 secs hard, 30 secs easy (note total distance)	

## DAY 3

Off
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## DAY 4

Heaving Snatch Balance	1RM (2 deep breaths in bottom of each rep)
Snatch (from blocks, bar at knee)	1RM
Clean and Jerk (from blocks, bar at knee)	1RM
Core Strength/Skill Work: Not for Time - 3 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Steady pace/around 85-90% for 4 rounds: 50 Double Unders, 12 Deadlifts (225/155), 10 Bar Facing Burpees	

## DAY 5

Hang Snatch (below knee, 5 sec eccentric)	73% for 6 x 2 (60 sec rest between sets)
Back Squat with Belt	Set 1: 80% x 3 (rest two mins), then 60% x 10 Set 2: (do not increase weight) 80% x 3 (rest two mins), then 60% x 10 Set 3: (do not increase weight) 80% x 3 (rest two mins), then 60% x 10
Reverse Hypers or Band Pull-Throughs	3 x 30 sec
Conditioning (in a steady state for 30 mins, conversational pace): Row or Bike x 3 min, Weighted Bear Crawl x 20 yards, Lateral Box Step-ups x 10 each leg, Russian Twist x 15 each side, Kettlebell Bottom-up Single-Arm Carry x 20 yards each	

# WEEK 8 (HYPERTROPHY)

## DAY 1

Jerk Complex	75% for 3 sets: 1 Jerk (paused 3 sec in dip and catch) + 1 Jerk (paused 3 sec in catch) + 1 Jerk (not paused). After all sets completed, 1 set of complex: Max
Push Press	3RM
Superset 1A. Dumbbell Bench Press	4 x 6
Superset 1B. Kettlebell Bentover Rows	4 x 6
Conditioning: Steady state for 30 mins: Bike, every 3 mins stop and do 50 yard sled push 150/100	

## DAY 2

Hang Snatch (below knee, 5 sec eccentric)	80% for 7 x 2 (work up on last 2 if no misses, fully recover between sets)
Back Squat	83% for 3 x 5
Clean Grip Deadlift (from 2 inch deficit, eccentric slower than concentric)	3RM
Core Strength/Skill Work: Not for Time - 5 sets: 2-5 Strict Muscle-ups, 4-6 Strict Handstand Push-ups, 30-60 sec L-Sit Hold on Parallettes	
Conditioning: 10 x 250m Row (at 90% pace, Work:Rest = 1:1)	

## DAY 3

Off
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## DAY 4

Heaving Snatch Balance	1RM
Snatch (from blocks, bar at knee)	1RM
Clean and Jerk (from blocks, bar at knee)	1RM
Core Strength/Skill Work: Not for Time - 5 sets: Pistol Squats for 5-7 each leg (3 sec eccentric, 2 sec pause in bottom), Legless Rope Climb for 1-3 (start with bottom on floor), Turkish Get-up for 4 each side	
Conditioning: Every 2 mins for 20 mins (10 sets): 20 Kettlebell Swings (55/35), 40 Double Unders (move efficiently and try to keep the same pace for each set)	

## DAY 5

Hang Snatch (below knee, 5 sec eccentric)	80% for 7 x 2 (work up on last 2 if no misses, fully recover between sets)
Back Squat with Belt	Set 1: 85% x 3 (rest two mins), then 65% x 8 Set 2: (add 5 kg to each weight if possible) 85% x 3 (rest two mins), then 65% x 8 Set 3: (add 5 kg to each weight if possible) 85% x 3 (rest two mins), then 65% x 8
Reverse Hypers or Band Pull-Throughs	3 x 45 sec
Active Recovery: Row/Walk/Bike 30-45 min at conversational pace	

# WEEK 9 (STRENGTH)

## DAY 1

Snatch Complex	73% for 7 sets: 1 Snatch (paused at knee) + 1 Snatch (work up on last two if no misses)
Front Squat + Jerk Complex	75% for 3 sets: 3 Squats + 2 Jerks. After all sets completed, 3 Squats + Jerk 2RM (no misses)
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 8
Superset 1B: Barbell Bentover Rows	4 x 8
Conditioning: RETEST (compare to week one) - 2000m Row Time Trial (max effort, note split time between each 500m and 100m)	

## DAY 2

Clean Complex	73% for 7 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last two if no misses)
Barbell Lunges	5RM each leg, then -10% for 2 x 5 each leg
Clean Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 5
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: RETEST (compare to week one) - Assault Bike for 5 mins (max calories)	

## DAY 3

Off	
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## DAY 4

Snatch	88% for 6 x 1 (working up on last 2-3)
Clean and Jerk	88% for 6 x 1 (working up on last 2-3)
Push Press	1RM, then -20% for 2 x 3 (last set is 3+)
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 3 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: RETEST (compare to week one) 10 Rounds: 4 Burpees, 6 Kettlebell Swings (70/55), 8 Wall Balls (RX 20/14 to 10' target)	

## DAY 5

Back Squat with Belt	Set 1: 85% x 2 (rest two mins), then 70% x 6 Set 2: (add 5 kg to each weight if possible) 85% x 2 (rest two mins), then 70% x 6 Set 3: (add 5 kg to each weight if possible) 85% x 2 (rest two mins), then 70% x 6
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 6
Conditioning: RETEST (compare to week one) - 2 sets: Max Unbroken Strict Handstand Pushups, Rest 90 sec, Max Burpees in 1 min, rest 3 mins (note difference between set 1 and 2)	

# WEEK 10 (STRENGTH)

## DAY 1

Snatch Complex	75% for 8 sets: 1 Snatch (paused at knee) + 1 Snatch (work up on last three if no misses)
Front Squat + Jerk Complex	78% for 4 sets: 2 Squats + 2 Jerks. After all sets completed, 2 Squats + Jerk 2RM (no misses)
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 8
Superset 1B: Barbell Bentover Rows	4 x 8
Conditioning: Steady state for 40 mins: Row: every 1000m, stop and do Overhead Axle Carry x 30 yards forward and 30 yards backward	

## DAY 2

Clean Complex	75% for 8 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last three if no misses)
Barbell Lunges	5RM each leg, then -10% for 2 x 5 each leg
Clean Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 5
Core Strength/Skill Work: Not for Time - 4 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 21-15-9. Power Cleans (135/95 or 165/115 for stronger athletes), Burpees over the Bar	

## DAY 3

Off
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## DAY 4

Snatch	90% for 5 x 1 (working up on last 2-3 if no misses)
Clean and Jerk	90% for 5 x 1 (working up on last 2-3 if no misses)
Push Press	1RM, then -20% for 2 x 3 (last set is 3+)
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 4 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: Bike Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 5

Back Squat with Belt	Set 1: 88% x 2 (rest two mins), then 73% x 6 Set 2: (add 5 kg to each weight if possible) 88% x 2 (rest two mins), then 73% x 6 Set 3: (add 5 kg to each weight if possible) 88% x 2 (rest two mins), then 73% x 6+
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 6
Conditioning: Steady state for 25 mins (conversational pace): Row or Bike x 3 mins, Anti-Rotational Plank Pulls with Sandbag or Kettlebell x 10 each side, Sled Drag Forward x 25 yards, Deadbugs x 8 each side, Sled Drag Backward x 25 yards, Lunge Hold with Knee 2 inches off ground x 30 sec each	



# WEEK 11 (STRENGTH)

## DAY 1

Snatch Complex	70% for 7 sets: 1 Snatch (paused at knee) + 1 Snatch
Front Squat + Jerk Complex	75% for 4 sets: 3 Squats + 2 Jerks.
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	3 x 8
Superset 1B: Barbell Bentover Rows	3 x 8
Conditioning: Steady state for 40 mins - Bike: Every 4 mins, stop and do Unilateral Carry x 25 yards each hand	

## DAY 2

Clean Complex	70% for 7 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last three if no misses)
Barbell Lunges	90% of 5RM for 3 x 5 each leg
Clean Grip Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5
Core Strength/Skill Work: Not for Time - 5 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 3 Rounds: 25 Front Squats (115/75), 15 Handstand Push-ups	

## DAY 3

Off	
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## DAY 4

Snatch	88% for 4 x 1
Clean and Jerk	88% for 4 x 1
Push Press	80% of 1RM for 3 x 3
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 5 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: Row Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 5

Back Squat with Belt	Set 1: 85% x 1 (rest two mins), then 75% x 5 Set 2: (do not increase weight) 85% x 1 (rest two mins), then 75% x 5 Set 3: (do not increase weight) 85% x 1 (rest two mins), then 75% x 5
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	3 x 5
Conditioning: Steady state for 25 mins (conversational pace): Row or Bike x 3 mins, Walking Lunge Steps (2 sec pause in bottom) x 8 each side, Grasshoppers x 20, Overhead Single Arm Dumbbell Carry x 25 yards each side, Banded Face Pulls x 15, Pallof Press x 10 each	

# WEEK 12 (STRENGTH)

## DAY 1

Snatch Complex	78% for 6 sets: 1 Snatch (paused at knee) + 1 Snatch
Front Squat + Jerk Complex	2 Squats + Jerk 1RM
Superset 1A: Close Grip Bench Press (eccentric slower than concentric)	4 x 6
Superset 1B: Barbell Bentover Rows	4 x 6
Conditioning: Steady state for 20 mins - Row: every 4 mins, stop and do 50 foot Sled Sprint	

## DAY 2

Clean Complex	78% for 6 sets: 1 Clean (paused 2 sec at knee) + 1 Clean and Jerk (work up on last three if no misses)
Barbell Lunges	5RM each leg
Clean Grip Deadlift (eccentric slower than concentric)	3RM
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 20-50 feet, Muscle-ups x 3-6, Unbroken Double Unders: Max	
Conditioning: 4 Rounds: 400m Run, 25 Burpees	

## DAY 3

Off	
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## DAY 4

Snatch	90% for 3 x 1, 93% for 2 x 1, work up on second 93% rep if feeling good
Clean and Jerk	90% for 3 x 1, 93% for 2 x 1, work up on second 93% rep if feeling good
Push Press	1RM, then -20% for 3+
Superset 1A: Strict Chest to Bar Pull-ups (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Superset 1B: Ring Dips (eccentric slower than concentric)	3 x submaximal (add weight if more than 10)
Core Strength/Skill Work: Not for Time - 3 sets: Hollow hold 45-60 sec, Stir the Pot x 20 each way (slow and controlled), Seated Kettlebell Bottom-up Z Press x 10 each	
Conditioning: Bike Intervals of 12-15 sets: 40 secs hard, 20 secs easy (note total distance, increase sets each week)	

## DAY 5

Back Squat with Belt	Set 1: 90% x 1 (rest two mins), then 75% x 5 Set 2: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 75% x 5 Set 3: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 75% x 5
Unilateral RDLs	3 x 8 each leg
Hyperextensions with Barbell	4 x 5
Conditioning: Steady state for 20 mins (conversational pace): Row or Bike x 3 mins, Lateral Box Step-ups x 10 each (no help from back foot), Renegade Row x 10 (L+R = 1), Bilateral Farmer's Carry x 50 yards, Jackknife Situps x 12, Sandbag or Odd Object Carry x 200m (don't run)	

# WEEK 13 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	63% for 3 x 2
Snatch	85% x 1, 88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Clean and Jerk	85% x 1, 88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Back Squat	85% x 3, 75% x 5, 88% x 2, 78% x 4, 90% x 1, 80% x 3+
Conditioning: RETEST (compare to week five) - Row 5K (max effort)	

## DAY 2

Power Snatch	2RM, then -20% for 2+ (tough and go unbroken)
Mash Method Jerks	Set 1: Jerk 88% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 2: Jerk 90% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 3: Jerk 93% x 1, (add 20 kg) then 3 Jerk Dip Squats Set 4: Jerk 95% x 1
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10)
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: RETEST (compare to week five) - Assault Bike x 10 mins (max calories)	

## DAY 3

Off	
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## DAY 4

Drop Snatch	3RM (8 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max, then 60% of 1RM for 3 reps (unbroken, EMOM for 5 mins)
Clean and Jerk Max Effort Competition Style	Max, then 60% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Dumbbell or Kettlebell Push Presses	4 x 6 (stay between 7-9 RPE)
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: RETEST (compare to week five) - Max Unbroken Wall Balls (20/14 to 10' target), Rest 10 mins, Max Unbroken Double Unders	

## DAY 5

Back Squat with Belt	Set 1: 90% x 1 (rest two mins), then 80% x 4 Set 2: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 80% x 4 Set 3: (add 5 kg to each weight if possible) 90% x 1 (rest two mins), then 80% x 4+
Deadlift (eccentric slower than concentric)	3RM, then -10% for 3
RDLs (from 2 inch deficit, light/mini bands)	4 x 6 (staying between 7-9 RPE)
Conditioning: Steady State on Rower x 20 mins. Every 500m, stop and do 50 yard Farmer's Carry	

# WEEK 14 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	65% for 3 x 2
Snatch	85% x 1, 90% x 1, 93% x 1, 95% x 1, 88% x 1, 93% x 1, 97% x 1
Clean and Jerk	85% x 1, 90% x 1, 93% x 1, 95% x 1, 88% x 1, 93% x 1, 97% x 1
Back Squat	88% x 3, 78% x 5, 90% x 2, 80% x 4, 93% x 1, 83% x 3+
Conditioning: 5 Rounds: 300m Row, 20 Burpees over the Rower	

## DAY 2

Power Snatch	2RM, then -20% for 2+ (tough and go unbroken)
Mash Method Jerks	Set 1: Jerk 90% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 2: Jerk 93% x 2, (add 20 kg) then 3 Jerk Dip Squats Set 3: Jerk 95% x 1, (add 20 kg) then 3 Jerk Dip Squats Set 4: Jerk 98% x 1
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10)
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 17.5, 10 Rounds for Time: 9 Thrusters (95/65), 35 Double Unders	

## DAY 3

Off	
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## DAY 4

Drop Snatch	3RM (9 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max, then 65% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Clean and Jerk Max Effort Competition Style	Max, then 65% of 1RM for 2 reps (unbroken, EMOM for 5 mins)
Dumbbell or Kettlebell Push Presses	4 x 6 (stay between 7-9 RPE, progress from last week)
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: 9 min AMRAP: Assault Bike (25/20 calories), 10 Toes to Bar, 5 Tall Box Jumps (30/24)	

## DAY 5

Back Squat with Belt	Set 1: 93% x 1 (rest two mins), then 83% x 4 Set 2: (add 5 kg to each weight if possible) 93% x 1 (rest two mins), then 83% x 4 Set 3: (add 5 kg to each weight if possible) 93% x 1 (rest two mins), then 83% x 4+
Deadlift (eccentric slower than concentric)	3RM, then -10% for 3
RDLs (from 2 inch deficit, light/mini bands)	4 x 6 (stay between 7-9 RPE, progress from last week)
Conditioning: 2 Rounds: 2000m Row, 30 Kettlebell Swings (55/44)	

# WEEK 15 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	60% for 3 x 2
Snatch	Work up to 90% for 2 x 1
Clean and Jerk	Work up to 90% for 2 x 1
Back Squat	83% x 3, 73% x 5, 85% x 2, 75% x 4, 88% x 1, 78% x 3
Conditioning: 5 sets: 30 sec x max calories on Assault Bike, 10 Burpees, Rest 2 mins between sets. (Score is total number of calories only.)	

## DAY 2

Power Snatch	1RM
Mash Method Jerks	Set 1: Work up to Opener Jerk, (add 10 kg) then 3 Jerk Dip Squats Set 2: Second Attempt x 1, (add 10kg) then 3 Jerk Dip Squats Set 3: PR Attempt
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10)
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 15.3 AMRAP14: 7 Muscle-ups, 50 Wall Balls (20/14 to 10 ft), 100 Double Unders	

## DAY 3

Off
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## DAY 4

Drop Snatch	1RM (9 RPE, 2 deep breaths in bottom of each rep)
Snatch Max Effort Competition Style	Max
Clean and Jerk Max Effort Competition Style	Max
Dumbbell or Kettlebell Push Presses	4 x 6 (7 RPE)
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: 4 sets: In 3 mins complete: 500m Row, Max Kettlebell Swings (53/35), Rest 4 mins between sets. (Score is total kettlebell swings)	

## DAY 5

Back Squat with Belt	Set 1: 95% x 1 (rest two mins), then 85% x 3 Set 2: (add 5 kg to each weight if possible) 95% x 1 (rest two mins), then 85% x 3 Set 3: (add 5 kg to each weight if possible) 95% x 1 (rest two mins), then 85% x 3
Deadlift (eccentric slower than concentric)	90% of 3RM for 3 x 3
RDLs (from 2 inch deficit, light/mini bands)	4 x 6 (7 RPE)
Conditioning: 6 Rounds: 5 Hang Power Cleans (165/115 or 185/135 for stronger athlete). Focus on efficient barbell cycling. 7 Burpee Box Jumps (24/20), 10 toes to bar	

# WEEK 16 (STRENGTH PEAK)

## DAY 1

Hang Snatch from Power Position Warm Up (3 sec pause in catch)	68% for 3 x 2
Snatch	93% x 1, 95% x 1
Clean and Jerk	93% x 1, 95% x 1
Back Squat	90% x 3, 80% x 5, 93% x 2, 83% x 4, 95% x 1, 85% x 3+ (stop one rep before failure)
Conditioning: 3 Rounds: Ski Erg x 1000m, Double Unders x 75, Handstand Push-ups x 15	

## DAY 2

Power Snatch	1RM (9 RPE), then -10% for AMRAP
Mash Method Jerks	Opener x 2 Jerks
Superset 1A: Dips (eccentric slower than concentric)	3 x submaximal (use weight if more than 10)
Superset 1B: Rows (seated, T-Bar, or dumbbell)	3 x 10
Core Strength/Skill Work: Not for Time - 3 sets: Strict Single Leg Toe to Bar (foot to opposite hand) x 3-5 each side, Turkish Get-ups x 3-5 each side (moderate weight), Chest to Bar Pull-ups (work on rhythm of kip or butterfly) x 8-15	
Conditioning: Test of 16.3, 7 min AMRAP: 10 Power Snatches (75/55), 3 Bar Muscle-ups	

## DAY 3

Off
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## DAY 4

Drop Snatch	1RM (9RPE)
Snatch Max Effort Competition Style	Max, then 50% of Max for 5 reps (unbroken) x 3 sets (with AMRAP on last set)
Clean and Jerk Max Effort Competition Style	Max, then 50% of Max for 5 reps (unbroken) x 3 sets (with AMRAP on last set)
Dumbbell or Kettlebell Push Presses	6RM, then -15% for 6+
Core Strength/Skill Work: Not for Time - 3 sets: 2 Strict Muscle-ups + 2 Kipping Muscle-ups, Handstand Push-ups (from 6/4 inch deficit) x 6-8, Weighted Ring Push-ups x submaximal	
Conditioning: 10 Rounds for Time: 100m Run, 10 Kettlebell Swings (70/55), Rest 60 sec between rounds	

## DAY 5

Back Squat with Belt	Max Back Squat, then -20% for 3
Deadlift (eccentric slower than concentric)	1RM (no misses)
RDLs (from 2 inch deficit, light/mini bands)	6RM, then -10% for 2 x 6
Conditioning: Steady state on rower for 25 mins. Every 5 mins, stop and do Staggered Carry (overhead + farmers) x 25 yards each	

# WEEK 17 (TAPER AND MAX)

## DAY 1

Snatch	88% x 1, 90% x 1, 88% x 1, 90% x 1, 93% x 1
Clean and Jerk	85% x 1, 88% x 1, 85% x 1, 88% x 1, 90% x 1
Back Squat with Belt	88% for 3 x 2
Conditioning: 3 Rounds: Row 800m, 400m Med Ball Carry (20/14), 80 Double Unders	

## DAY 2

Power Snatch	70% for 3 x 2
Power Clean and Power Jerk	70% for 3 x 2
Superset 1A: Band Pushdowns	3 x submaximal (use weight if more than 10)
Superset 1B: Rows	3 x 10
Core Strength/Skill Work: 2 Sets: Max Muscle-ups x 30 secs, Rest 2 mins, Max Wall Balls x 1 min, Rest 2 mins, Max Burpees x 2 mins, Rest 5 mins	
Conditioning: Row Intervals: 5 x 500m (90% pace), Rest 2 mins between sets (keep track of each individual time)	

## DAY 3

Off
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## DAY 4

Off
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## DAY 5

Snatch Max Effort Competition Style	Max, then 50% of Max for 5 reps (unbroken) x 3 sets (with AMRAP on last set)
Clean and Jerk Max Effort Competition Style	Max, then 50% of Max for 5 reps (unbroken) x 3 sets (with AMRAP on last set)
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Test of 13.2: 10 Min AMRAP, 5 Shoulder to Overhead (115/75), 10 Deadlifts (115/75), 15 Box Jumps (24/20)	

## DAY 6

Back Squat with Belt	Max Squat
Deadlift	Max Deadlift
Superset 1A: TRX Curls (dumbbell, band, or machine)	3 x 10
Superset 1B: Stretch Hip Flexor (half-kneeling stretch)	3 x 30 sec each leg
Superset 1C: Side Planks	3 x 30 sec each side
Superset 1D: Reverse Plank (feet in chair)	3 x 30 sec
Conditioning: Run Intervals: 2 x 800m (at 1 mile pace)	

# WEEK 18 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	75% for 10 x 1 EMOM (work up on last 4 no more than 85%), then 65% AMRAP (unbroken)
Front Squat	3RM (8 RPE, first rep paused 2 sec)
Conditioning: 15 min AMRAP: 8 Double Dumbbell Snatch (40/25), 12 Toes to Bar, 16 (8 each leg) Weighted Box Step-ups (40/25 to 16-20 inch box)	

## DAY 2

Clean and Jerk Warm Up	Work up to 65% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	70% for 10 x 1 EMOM (work up on last 4, no more than 80%), then 60% AMRAP (unbroken)
Push Press	3RM (8 RPE), then -10% for 3+
Core Strength/Skill Work: Not for Time - 3 sets: 50 Unbroken Double Unders (do at the end of workout to work on double unders in fatigued state)	
Conditioning: Row Sprints: 10 x 250m (at 90% pace), Rest 2 mins between sets (keep track of each individual time)	

## DAY 3

Off
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## DAY 4

Snatch	3RM (9 RPE, unbroken)
Clean and Jerk Complex	Pull + Clean + 2 Front Squats + Jerk from Front + Jerk from Rear: Max (9 RPE)
Overhead Squat Variation Max Effort	Drop Snatch 3RM, then -10% AMRAP Overhead Squats
Conditioning: Test of 19.5: 33-27-21-15-9 reps For Time: Thrusters (95/65), Chest-to-Bar Pull-ups. Time Cap: 20 mins	

## DAY 5

SS Bar Dynamic Squats (speed strength)	6 x 3 with 30% bar weight + 30% bands with 60 sec rest, then 3RM (at 0.75 m/s or faster)
Dynamic Deadlift (eccentric slower than concentric)	65% for 8 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.75 m/s or faster)
Core Strength/Skill Work: Not for Time - 4 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Intervals: 3 x 600m (at 1 mile pace)	



# WEEK 19 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 68% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	78% for 10 x 1 EMOM (work up on last 4 no more than 85%), then 68% AMRAP (unbroken)
Front Squat	3RM (9 RPE, first rep paused 2 sec)
Conditioning: 5 Rounds for Time: Row (20 Calories), 12 Wall Balls (20/14 to 10'), 8 Handstand Push-ups	

## DAY 2

Clean and Jerk Warm Up	Work up to 68% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	73% for 10 x 1 EMOM (work up on last 4, no more than 83%), then 63% AMRAP (unbroken)
Push Press	3RM (9 RPE), then -10% for 3+
Core Strength/Skill Work: Not for Time - 4 sets: 50 Unbroken Double Unders (do at the end of workout to work on double unders in fatigued state)	
Conditioning: Assault Bike Intervals: 8 x 30 secs work / 8 x 30 secs rest (note total calories)	

## DAY 3

Off
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## DAY 4

Snatch	Hang Power Snatch: 5RM (9 RPE, unbroken)
Clean and Jerk Complex	3 Hang Power Cleans + 3 Power Jerks: Max (9 RPE)
Overhead Squat Variation Max Effort	Drop Snatch 3RM, then -10% AMRAP Overhead Squats
Conditioning: AMRAP 8 mins: 3 Cleans (165/115 or 185/135 for stronger athletes), 3 Burpees, 3 Cleans (165/115 or 185/135 for stronger athletes), 6 Burpees, 3 Cleans (165/115 or 185/135 for stronger athletes), 9 Burpees - etc (continue to follow same pattern until time is up)	

## DAY 5

SS Bar Dynamic Squats (speed strength)	6 x 3 with 35% bar weight + 30% bands with 60 sec rest, then 3RM (at 0.75 m/s or faster)
Dynamic Deadlift (eccentric slower than concentric)	68% for 8 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.75 m/s or faster)
Core Strength/Skill Work: Not for Time - 3 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Intervals: 4 x 400m (at 1 mile pace, Work:Rest = 1:2)	

# WEEK 20 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 65% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	70% for 10 x 1 EMOM
Front Squat	90% of 3RM for 2 x 3 (not paused)
Conditioning: 6 Rounds for Time: 5 Hang Power Snatches (125/85, focus on barbell cycling efficiently), 10 Box Jumps (30/24)	

## DAY 2

Clean and Jerk Warm Up	Work up to 65% for 2 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	70% for 8 x 1 EMOM
Push Press	90% of 3RM for 3 x 3
Core Strength/Skill Work: Not for Time - 3 sets: 30 seconds max Muscle Ups, Rest 1 min, 50 Unbroken Double Unders, Rest 3 mins	
Conditioning: E2MOM for 5 sets: Assault Bike (15/12 calories), 10 Burpees	

## DAY 3

Off	
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## DAY 4

Snatch	3 Snatch + 3 Overhead Squat: Max (8 RPE)
Clean and Jerk Complex	3RM (8 RPE)
Overhead Squat Variation Max Effort	Drop Snatch 1RM
Conditioning: Test of 19.1: AMRAP 15 mins: 19 Wall Balls (20/14 to 10'), Row (19 calorie)	

## DAY 5

SS Bar Dynamic Squats (speed strength)	7 x 3 with 30% bar weight + 30% bands with 60 sec rest, then 3RM (at 1.0 m/s or faster)
Dynamic Deadlift (eccentric slower than concentric)	60% for 8 x 2 (60-90 sec rest between sets, 0.8 m/s or faster)
Core Strength/Skill Work: Not for Time - 5 sets: Handstand Walk Practice x 15-50 feet, Pistol Squats x 6 each side (alternating), Hold Support (at top of rings with thumbs turned out) x 15-45 sec	
Conditioning: Run Sprints: 10 x 100m (at 400m pace, Work:Rest = 1:2)	

# WEEK 21 (POWER SPECIFIC)

## DAY 1

Snatch Warm Up	Work up to 70% for 2 sets: 1 Snatch Pull to Hip (pause 3 sec) + 1 Snatch
Snatch EMOM	80% for 10 x 1 EMOM (work up on last 4 no more than 90%), then 70% AMRAP (unbroken)
Front Squat	3RM (9 RPE)
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 2

Clean and Jerk Warm Up	Work up to 70% for 3 sets: 1 Clean Pull (to hip, paused 3 sec) + 1 Clean + 1 Jerk
Clean and Jerk EMOM	75% for 10 x 1 EMOM (work up on last 4, no more than 85%), then 65% AMRAP (unbroken)
Push Press	1RM (9 RPE), then -20% for AMRAP (unbroken)
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 3

Off	
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## DAY 4

Snatch	Max (9 RPE), then -30% AMRAP (unbroken, 2 reps in reserve)
Clean and Jerk Complex	Max (9 RPE), then -30% AMRAP (unbroken, 2 reps in reserve)
Overhead Squat Variation Max Effort	Drop Snatch 1RM, then -10% AMRAP Overhead Squats
Superset 1A: Ring Dips (eccentric slower than concentric)	3 x 6
Superset 1B: Barbell Rows (paused 2 sec at top of row)	3 x 6
Superset 1C: Plate Lateral Raises	3 x 6
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	

## DAY 5

SS Bar Dynamic Squats (speed strength)	5 x 3 with 40% bar weight + 30% bands with 60 sec rest, then 2RM (at 0.75 m/s or faster)
Dynamic Deadlift (eccentric slower than concentric)	70% for 7 x 2 (60-90 sec rest between sets, work up on last 3 sets, 0.7 m/s or faster)
Active Recovery: Row/Walk/Bike at conversational pace (prioritize strength work)	



# STRENGTH AND CONDITIONING

People know me mainly for Olympic weightlifting now, but I started with strength and conditioning in this industry. Heck, I have probably accomplished more in that world if you look at the amount of D1 and pro athletes who have found their way in and out of my gym. It's a little easier to gain recognition in the weightlifting world because the coach is the actual sport coach and the strength and conditioning coach. So when one of your athletes kill it, you are actually there with them making the calls on the sidelines.

Even though I am known for and love the sport of weightlifting, my heart will always rest with my strength and conditioning athletes. I love taking a raw athlete, giving them more athletic skills, and then watching them put their newly acquired strength and speed to work in their chosen sport. It's fascinating to me to watch swimmers swim faster and pitchers throw harder after simply following a plan I lay out. Sometimes it's like magic, and the biggest payoff each time is the smile of the athlete.

In this 20-week program, we are going to peak absolute strength and hypertrophy early on. Then we will spend the final eight weeks maximizing power output, crushing all-time sprint records, and perfecting agility. I want to send athletes into their season ready to perform and feeling healthy. If an athlete looks strong and feels good, they are going to play well.

You will notice that I have a speed and agility portion listed for each week in addition to the strength work. But just to keep it clean, I've placed the speed and strength work on separate pages.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Power Snatch	75% of Power Snatch for 8 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM (9 RPE), then -10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 80% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM (9 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 30 yards each arm (7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	63% for 5 x 10
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	63% for 3 x 10
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	75% for 8 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	8 x 3
SS Bar Rear Leg Elevated Split Squats	3 x 10 each leg (7 RPE, work up to 9 RPE)
Unilateral RDLs	3 x 10 (7 RPE, work up to 8 RPE)
DB Leg Curls	4 x 10

## DAY 4

Bench Press	80% for 10 x 3
Dumbbell or Kettlebell Push Press	10RM, then -15% for 10+
Bentover Rows	63% for 5 x 10
DB Tri-Delts (front, side, and rear)	3 x 10 each direction

## DAY 5

Hang Clean from Power Position (hip)	2RM
Front Squat	80% for 10 x 3
Suitcase Deadlifts (4 inch deficit)	3 x 10 each side (8 RPE)
Reverse Hypers or Band Pull-Throughs	3 x 40 sec

# SPEED WORK: WEEK 1

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump and Sprint 10 Yards: 4
Paused Russian Hop: 4 each leg then Sprint 15 Yards x 4
Half Kneeling 10 Yard Sprint: 4

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 10 yards Side Step Roll and Sprint 10 yards x 4

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Prowler Push (10 yards super heavy), then rest 90 sec, then Swim and Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Power Snatch	78% of Power Snatch for 7 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM (9.5 RPE), then - 10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 83% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM (9.5 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 30 yards each arm (7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	65% for 5 x 10
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	65% for 3 x 10
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	78% for 7 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	7 x 3
SS Bar Rear Leg Elevated Split Squats	3 x 10 each leg (add 5-10 lb from last week to each set)
Unilateral RDLs	3 x 10 (7 RPE, work up to 9 RPE)
DB Leg Curls	4 x 10

## DAY 4

Bench Press	80% for 10 x 4
Dumbbell or Kettlebell Push Press	10RM, then -15% for 10+
Bentover Rows	65% for 5 x 10
DB Tri-Delts (front, side, and rear)	3 x 10 each direction

## DAY 5

Hang Clean from Power Position (hip)	1RM
Front Squat	80% for 10 x 4
Suitcase Deadlifts (4 inch deficit)	3 x 10 each side (9 RPE)
Reverse Hypers or Band Pull-Throughs	3 x 45 sec



# SPEED WORK: WEEK 2

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
One Leg Triple Broad Jump (1 Sec Pause When Sticking Each Landing): 2 sets each leg
One Leg Triple Broad Jump: 2 sets each leg
Falling Start 10 Yards x 2
Prowler Push 10 yards(maximal weight), Swim, and Sprint 10 yards x 5

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Work on Starts to 10 Yards: 3
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
OH Med Ball Throws for Distance: 3 sets of 6 (Rest 30 seconds between sets)
Underhand Med Ball Throws for Height/3 superset with KB Ice Skaters/10 x 4 ea
Broad Jump for Distance with 20lb weight vest 3x5

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Power Snatch	73% of Power Snatch for 6 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	90% of 5RM for 3 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 75% height
Snatch Grip Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5
Unilateral Farmer's Walk	3 x 25 yards each arm (7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	60% for 3 x 10
Dips	3 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	60% for 3 x 10
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	73% for 6 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	6 x 3
SS Bar Rear Leg Elevated Split Squats	3 x 10 each leg (90% of last week)
Unilateral RDLs	3 x 10 (7 RPE, work up to 8 RPE)
DB Leg Curls	3 x 10

## DAY 4

Bench Press	80% for 5 x 5
Dumbbell or Kettlebell Push Press	90% of 10RM for 3 x 10
Bentover Rows	60% for 3 x 10
DB Tri-Delts (front, side, and rear)	3 x 10 each direction

## DAY 5

Clean (from high blocks)	2RM
Front Squat	80% for 5 x 5
Suitcase Deadlifts (4 inch deficit)	3 x 10 each side (7 RPE)
Reverse Hypers or Band Pull-Throughs	3 x 30 sec

# SPEED WORK: WEEK 3

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Half Kneeling 10 Yard Sprint: 4
Work on Starts to 10 Yards: 4

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Jump Back and Sprint 10 Yards x4
(Triple Broad Jump with 20lb weighted vest superset with KB Ice Skaters x10) x 3 sets
On Knee Med Ball Chest Passes/5 x 3 sets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jumps for Distance x 3 sets
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Power Snatch	80% of Power Snatch for 6 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM, then -10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 85% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 35 yards each arm (7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	70% for 3 x 10
Dips	4 x submaximal (use weight if more than 10 reps)
Hang Snatch Grip High Pulls	68% for 3 x 8
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	80% for 6 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	6 x 3
SS Bar Rear Leg Elevated Split Squats	10RM each leg
Unilateral RDLs	3 x 10 (7 RPE, work up to 9.5 RPE)
DB Leg Curls	4 x 10

## DAY 4

Bench Press	80% for 10 x 5
Dumbbell or Kettlebell Push Press	8RM, then -15% for 8+
Bentover Rows	70% for 3 x 10
DB Tri-Delts (front, side, and rear)	3 x 10 each direction

## DAY 5

Clean (from high blocks)	1RM
Front Squat	80% for 10 x 5
Suitcase Deadlifts (4 inch deficit)	3 x 10 each side (8 RPE, work up to 10RM)
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

# SPEED WORK: WEEK 4

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll & Sprint 10 Yards x 4
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pushup and Sprint 10 yards x 4
(Triple Broad Jump with 20lb weighted vest superset with KB Ice Skaters x10) x 3 sets
Overhead Med Ball Throws x 5 x 2 sets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 180 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

This is a typical accumulation phase. The goal is to gain some muscle size and increase work capacity. This stage sets up all the rest. The power snatch on Day 1 is optional. I would only keep it in the mix if you know how to teach it. Otherwise leave it out because every exercise is replaceable.

Let me explain the way the speed drills are set up as well. Day 1 is designed to be the acceleration day, focusing on the first 10-15 yards of a sprint. Day 3 is the contrast training day, where we use post-activation potentiation to maximize acceleration. We are also working on our starts and our top end maximal speed at the end of the warm ups. The last speed day is a sport specific agility day. We will not be having any ladder drills. We use agility drills that apply directly to sport. I love using heavy kettlebell ice skaters to strengthen the athlete's ability to produce and absorb force.

As far as the warm ups I recommend, [here's a video](#) of some of those movements.

# WEEK 5 (STRENGTH)

## DAY 1

Clean (repetition method)	70% x 3, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1
Superset 1A: Back Squat	78% for 5 x 5
Superset 1B: Prisoner Squat Jump and Knee to Chest	5 x 5
Deadlifts (velocity based)	75% straight weight (or 60% straight weight + 20% bands or chains) for 8 x 2 (60-90 sec rest between sets)
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 2

Power Snatch from Blocks	3RM (8-9 RPE, no misses)
Bench Press	78% for 5 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Dumbbell Fat Grip Overhead Walks	3 x 20 yards (forward and backward)

## DAY 3

Trap Bar Jumps	20% of 1RM for 5 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	6 x 3 with 50% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	6 x 3
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

## DAY 4

Velocity Bench Press	5 x 5 with 50% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Axle Bar Close Grip Bench Floor Press (100 lb chains)	6RM, then -15% for 2 x 6 (last set 6+)
Weighted Dips or Nosebreakers	4 x 8
Pull-Ups	4 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

## DAY 5

Clean (from blocks)	3RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	5RM each leg (8 RPE, 5 sec eccentric + explosive concentric), then -10% for 2 x 5 each leg
Suitcase Deadlifts (4 inch deficit)	3 x 5 each side (7-8 RPE)
Superset 1A: Belt Squat Kettlebell Goblet Squats	3 x 10
Superset 1B: Kettlebell Hinges	3 x 10
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 5

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Half Kneeling Sideways & Sprint 10 Yards x 4
Jump Back and Sprint 10 Yards x 4

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Broad Jump with 20lb vest and 3 sec pause in the athletic position 2x3, then no vest 2x3 superset with KB Ice Skaters 4 x 6 working to a 9 RPE
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 3

Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 90 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy Sled Pushes (4 seconds for 10 yards), then rest 30-60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)



# WEEK 6 (STRENGTH)

## DAY 1

Clean (repetition method)	73% x 3, 78% x 2, 83% x 1, 75% x 2, 80% x 2, 85% x 1, 88% x 1
Superset 1A: Back Squat	80% for 6 x 4
Superset 1B: Prisoner Squat Jump and Knee to Chest	6 x 3
Deadlifts (velocity based)	80% straight weight (or 65% straight weight + 20% bands or chains) for 7 x 2 (60-90 sec rest between sets)
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 2

Power Snatch from Blocks	3RM
Bench Press	80% for 6 x 4
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Dumbbell Fat Grip Overhead Walks	3 x 20 yards (forward and backward)

## DAY 3

Trap Bar Jumps	23% of 1RM for 5 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	7 x 3 with 55% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	7 x 3
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

## DAY 4

Velocity Bench Press	4 x 5 with 55% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Axle Bar Close Grip Bench Floor Press (100 lb chains)	6RM, then -15% for 2 x 6 (last set 6+)
Weighted Dips or Nosebreakers	4 x 8
Pull-Ups	4 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

## DAY 5

Clean (from blocks)	3RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	5RM each leg (9 RPE, 5 sec eccentric + explosive concentric), then -10% for 2 x 5 each leg
Suitcase Deadlifts (4 inch deficit)	3 x 5 each side
Superset 1A: Belt Squat Kettlebell Goblet Squats	4 x 10
Superset 1B: Kettlebell Hinges	4 x 10
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 6

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Drop and roll and then sprint 15 yards x 4 (roll different direction ea time)
Russian Hop x 2 and sprint 10 yards x 4

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pushup and Sprint 10 yards x 3
Broad Jump with 20lb vest and 3 sec pause in the athletic position 2x3, then no vest 2x3 superset with KB Ice Skaters 4 x 6 paused 2 sec per leg working to a 9 RPE

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
(On Knee Med Ball Chest Pall for Distance x 3 (Go Heavy) (use hips) rest 45 sec superset with Work on 10yd Starts) x 3
6 Sets (Focus on Step Count): Heavy Sled Push (20 yards), then Swim and Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 7 (STRENGTH)

## DAY 1

Clean (repetition method)	60% x 3, 70% for 2 x 2, 77% for 2 x 2, 83% for 2 x 1, 85% x 1
Superset 1A: Back Squat	75% for 5 x 5
Superset 1B: Prisoner Squat Jump and Knee to Chest	5 x 5
Deadlifts (velocity based)	70% straight weight (or 55% straight weight + 20% bands or chains) for 8 x 2 (60-90 sec rest between sets)
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 2

Power Snatch from Blocks	90% for 2 x 3
Bench Press	75% for 5 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Dumbbell Fat Grip Overhead Walks	3 x 20 yards (forward and backward)

## DAY 3

Trap Bar Jumps	25% of 1RM for 5 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	5 x 3 with 45% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	5 x 3
Reverse Hypers or Band Pull-Throughs	3 x 40 sec

## DAY 4

Velocity Bench Press	5 x 5 with 45% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Axle Bar Close Grip Bench Floor Press (100 lb chains)	90% of 6RM for 3 x 6
Weighted Dips or Nosebreakers	4 x 8
Pull-Ups	3 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

## DAY 5

Clean (from blocks)	90% for 2 x 3
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	90% of 5RM for 3 x 5 each leg (5 sec eccentric + explosive concentric)
Suitcase Deadlifts (4 inch deficit)	3 x 5 each side
Superset 1A: Belt Squat Kettlebell Goblet Squats	3 x 8
Superset 1B: Kettlebell Hinges	3 x 8
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 7

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 10 yard x 3
Russian Hop x 4 and sprint 10 yards x 3
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, Back Pedal 10 yards, & forward sprint 10yd x 3
Forward Roll & sprint 10yd, shuffle 10yd, & shuffle 10yd & Backpedal 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Prowler Push Low with minimum 150 pounds for 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 8 (STRENGTH)

## DAY 1

Clean (repetition method)	75% x 3, 80% x 2, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1
Superset 1A: Back Squat	83% for 3 x 5
Superset 1B: Prisoner Squat Jump and Knee to Chest	3 x 5
Deadlifts (velocity based)	85% straight weight (or 70% straight weight + 20% bands or chains) for 10 x 1 (60-90 sec rest between sets)
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 2

Power Snatch from Blocks	1RM
Bench Press	83% for 3 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Dumbbell Fat Grip Overhead Walks	3 x 20 yards (forward and backward)

## DAY 3

Trap Bar Jumps	30% of 1RM for 6 x 2 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	7 x 2 with 60% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	7 x 2
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 4

Velocity Bench Press	4 x 4 with 60% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Axle Bar Close Grip Bench Floor Press (100 lb chains)	5RM, then -15% for 5+
Weighted Dips or Nosebreakers	4 x 8
Pull-Ups	3 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

## DAY 5

Clean (from blocks)	1RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	5RM each leg (5 sec eccentric + explosive concentric), then -10% for 2 x 5 each leg
Suitcase Deadlifts (4 inch deficit)	3 x 5 each side (7 RPE)
Superset 1A: Belt Squat Kettlebell Goblet Squats	4 x 8
Superset 1B: Kettlebell Hinges	4 x 8
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 8

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 10 yard x 3
3 Broad Jumps and sprint 10 yards x 3
Underhand Med Ball Throw to Double Broad Jump with 15/25lb med ball 3 sets

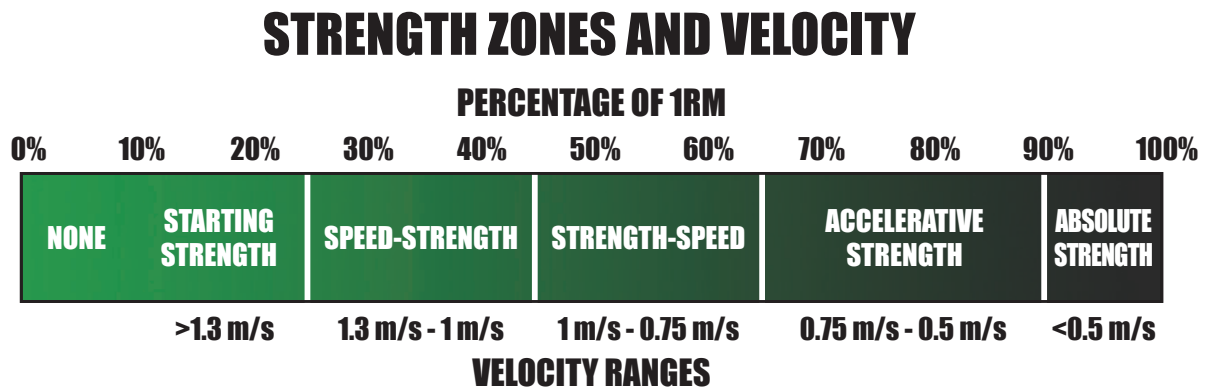
## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Side Roll Left and Side Roll Right and Sprint 10 yards x 4
T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 3 with rest 2:1
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

The strength phase will see the volume and the intensity spike a bit. A little of the velocity based training will creep into this section. If you don't have a tool to measure velocity, here's a chart with corresponding percentages:



Dynamic lower body is on Day 3 with a focus on speed-strength during the trap bar jumps and strength-speed during the squat and benches on day 4. Absolute strength is very important for young athletes, but they have to know how to push lighter loads as fast as possible. Then they can learn to take their extra strength and learn to express their ability to create power in their movements.

The speed work is also progressively changing. We are focused on increasing volume and intensity with the goal of running faster linearly, moving quickly laterally, and improving the ability to create and absorb force. All of the speed work is designed to peak the athlete in speed, vertical leap, horizontal leap, and in agility.

# WEEK 9 (REALIZATION)

## DAY 1

Clean (repetition method)	75% x 2, 80% x 2, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1
Superset 1A: Back Squat	85% for 5 x 3
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	5 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 70% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 70% bar weight + 20% band weight based on clean) and work up
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Hang Power Snatch (4 sec eccentric)	3RM (8-9 RPE, no misses)
Bench Press	85% for 5 x 3
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	6 x 8
Fat Bar Curls	3 x 10

## DAY 3

Superset 1A: Hang Power Cleans	75% for 7 x 2 (work up on last 2-3, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	20% of 1RM for 7 x 3 (velocity must stay above 1.3 m/s, rest 2 min after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	6 x 3 with 55% bar weight + 20% bands or chains (goal 0.75 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch Box) + Depth Jump (for height)	6 x 3
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

## DAY 4

Superset 1A: Velocity Bench Press	5 x 5 with 55% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	5 x 5 (focus is on height of pushup)
Weighted Dips (5 sec eccentric)	4 x 6
Pull-ups	4 x submaximal
Superset 1A: Cable or Band Face Pulls	3 x 12
Superset 1B: Plate Lateral Raises	3 x 12

## DAY 5

Clean (from low blocks, bar right below knees)	3RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	3RM each leg (8 RPE, 5 sec eccentric + explosive concentric), then -10% for 2 x 3 each leg
Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	5 x 3 each side
Unilateral RDLs	4 x 6 each leg
Leg Curls (band, dumbbell, or machine)	4 x 10



# SPEED WORK: WEEK 9

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Underhand Med Ball Toss Overhead and Sprint 10 yds x 4
Half Kneeling to sprint 15 yds x 5
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 4

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Side Roll Left and Side Roll Right and Sprint 10 yards x 4
Two Forward Rolls, sprint 10 yards, bear crawl 10 yards, back pedal 10 yards x 4
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 5
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 3 sets (The goal is having the shortest ground contact time)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 10 (REALIZATION)

## DAY 1

Clean (repetition method)	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1, 93% x 1
Superset 1A: Back Squat	88% for 5 x 3
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	6 x 3
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 75% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 75% bar weight + 20% band weight based on clean) and work up
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Hang Power Snatch (4 sec eccentric)	3RM
Bench Press	88% for 5 x 3
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	6 x 8
Fat Bar Curls	3 x 10

## DAY 3

Superset 1A: Hang Power Cleans	78% for 7 x 2 (work up on last 2, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	23% of 1RM for 7 x 3 (velocity must stay above 1.3 m/s, rest 69-90 sec after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	7 x 3 with 58% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch Box) + Depth Jump (for height)	7 x 3
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

## DAY 4

Superset 1A: Velocity Bench Press	4 x 5 with 60% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	4 x 5 (focus is on height of pushup)
Weighted Dips (5 sec eccentric)	4 x 6
Pull-ups	4 x submaximal
Superset 1A: Cable or Band Face Pulls	3 x 12
Superset 1B: Plate Lateral Raises	3 x 12

## DAY 5

Clean (from low blocks, bar right below knees)	3RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	3RM each leg (9 RPE, 5 sec eccentric + explosive concentric), then -10% for 2 x 3 each leg
Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	5 x 3 each side
Unilateral RDLs	4 x 6 each leg
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 10

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Underhand Med Ball Toss Overhead and Sprint 10 yds x 4
Russian Hops x 4 and Sprint 20 yards x 4 sets
Work on Starts to 10 Yards: 4
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
Triple Broad Jump for Distance x 2

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Two Forward Rolls, sprint 10 yards, bear crawl 10 yards, back pedal 10 yards x 4
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2,
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 3 sets (Pause ea rep 2 sec and explode)

# WEEK 11 (REALIZATION)

## DAY 1

Clean (repetition method)	60% x 3, 70% for 2 x 2, 77% for 2 x 2, 83% for 2 x 1, 85% x 1
Superset 1A: Back Squat	80% for 5 x 2
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	5 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 with 70% bar weight + 20% belt squat based on clean (or 7 x 2 start with 70% bar weight + 20% band weight based on clean) do not work up
Unilateral Farmer's Walk	3 x 30 yards each arm

## DAY 2

Hang Power Snatch (4 sec eccentric)	90% for 2 x 3
Bench Press	80% for 5 x 2
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	4 x 8
Fat Bar Curls	3 x 10

## DAY 3

Superset 1A: Hang Power Cleans	70% for 6 x 2 (rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	25% of 1RM for 6 x 3 (velocity must stay above 1.3 m/s, rest 60-90 sec after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	5 x 3 with 50% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch Box) + Depth Jump (for height)	5 x 3
Reverse Hypers or Band Pull-Throughs	3 x 35 sec

## DAY 4

Superset 1A: Velocity Bench Press	5 x 5 with 50% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	5 x 5 (focus is on height of pushup)
Weighted Dips (5 sec eccentric)	4 x 6
Pull-ups	4 x submaximal
Superset 1A: Cable or Band Face Pulls	3 x 12
Superset 1B: Plate Lateral Raises	3 x 12

## DAY 5

Clean (from low blocks, bar right below knees)	90% for 2 x 3
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	90% of 3RM for 3 x 3 each leg (5 sec eccentric + explosive concentric)
Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	3 x 3 each side
Unilateral RDLs	3 x 6 each leg
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 11

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 15 yard x 4
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets
Bear Crawl 10 yards, forward roll, and sprint 15 yards x 4

## DAY 4

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll sprint 10 yards + backpedal 5 yds + sprint 10yd x 3 sets
Triple Broad Jump with 20lb weighted vest x 2, and then Triple Broad Jump no vest for x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 2 sets with as fast as possible ground contact times and then 2 sets (Pause ea rep 2 sec and explode)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 12 (REALIZATION)

## DAY 1

Clean (repetition method)	80% x 2, 85% x 1, 88% x 1, 90% x 1, 83% x 2, 88% x 1, 93% x 1, 95% x 1
Superset 1A: Back Squat	90% for 5 x 2
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	3 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 80% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 80% bar weight + 20% band weight based on clean) and work up
Unilateral Farmer's Walk	3 x 35 yards each arm

## DAY 2

Hang Power Snatch (4 sec eccentric)	1RM
Bench Press	90% for 5 x 2
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	8 x 8
Fat Bar Curls	3 x 10

## DAY 3

Superset 1A: Hang Power Cleans	80% for 7 x 1 (work up on last 2-3, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	30% of 1RM for 7 x 2 (velocity must stay above 1.3 m/s, rest 60-90 sec after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	7 x 2 with 63% bar weight + 20% bands or chains (goal 0.75 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch Box) + Depth Jump (for height)	7 x 2
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 4

Superset 1A: Velocity Bench Press	4 x 4 with 65% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	4 x 5 (focus is on height of pushup)
Weighted Dips (5 sec eccentric)	4 x 6
Pull-ups	3 x submaximal
Superset 1A: Cable or Band Face Pulls	3 x 12
Superset 1B: Plate Lateral Raises	3 x 12

## DAY 5

Clean (from low blocks, bar right below knees)	1RM
SS Bar Rear Leg Elevated Split Squats (start with weak leg)	3RM each leg (5 sec eccentric + explosive concentric), then -10% for 2 x 3 each leg
Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	5 x 3 each side
Unilateral RDLs	4 x 5 each leg
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 12

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
On Belly get up and sprint 15 yards x 5
Triple Broad Jump for distance x 4 sets

## DAY 4

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 3
Test Broad Jump

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3
Work on Starts to 10 Yards: 2
Heavy 10 yd Sled Push x 2
Rest 90-120 sec
Test 40yd dash x 2-3

This block is designed to peak the strength of the athlete. There is still a big focus on velocity. When athletes focus on absolute strength and velocity during the same block, they learn to move heavy weights as fast as they possibly can - teaching them to move submaximal loads very quickly. This transfers to massive amounts of power and explosiveness on the field of play.

At this point there is a lot of contrast training, so the athlete uses the potentiation from the weighted exercises to recruit more fibers for explosive jumps (like the weighted prisoner squat jumps with a knee tuck). The knee tuck creates a need for hang time, encouraging the athlete to jump as high as possible. For the belt squat work, I have given you the option of using a band to resist the hip extension. You can always just use clean pulls if you don't have a suitable band. The only real benefit is creating more resistance for the glutes to overcome during hip extension.

And if you're wondering what a depth plyo pushup is, Christian Thibaudeau has a [great explanation](#) on T-Nation's YouTube channel.



# WEEK 13 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	4 x 3 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 30% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 35% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.6 m/s
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	4 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	4 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Hang Power Cleans	75% for 7 x 2 (work up on last 2-3)
Rear Leg Elevated SS Bar Unilateral Squat Jumps	5 x 3 each leg (velocity must stay above 1.3 m/s, rest two minutes after complete set)
Superset 1A: Trap Bar Deadlift Jumps	20% for 5 x 3
Superset 1B: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

## DAY 4

Superset 1A: Bench Press	4 x 5 (all at 0.75 m/s), then Max reps (until mean velocity drops below 0.4 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Superset 2A: Half-Kneeling Landmine Push Press	3 x 6 each side (8 RPE)
Superset 2B: Seated Dumbbell Power Cleans	3 x 10
Weighted Dips (5 sec eccentric)	4 x 6
Bear Crawls (pulling a sled)	4 x 20 yards

## DAY 5

Power Clean from Blocks	3RM (8 RPE)
Superset 1A: Front Squat	60% for 5 x 3, then 3RM (at 0.5 m/s or faster)
Superset 1B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	5 x 3
Clean Pull (3 inch deficit)	3 x 2 (at -0.05 m/s from assigned peak velocity)
RDLs on Belt Squat (or band around waist)	4 x 6 (8 RPE, 5 sec eccentric, minimum of 90 lb on belt squat)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 13

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Bear Crawl 10 yards, forward roll, and sprint 15 yards x 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll sprint 10 yards + backpedal 5 yds + sprint 10yd x 3 sets
Triple Broad Jump with 20lb weighted vest x 2, and then Triple Broad Jump no vest for x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 2 sets with as fast as possible ground contact times and then 2 sets (Pause ea rep 2 sec and explode)

# WEEK 14 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	5 x 3 (at -0.2 m/s average from assigned peak velocity).
SS Bar Dynamic Squats (speed strength)	6 x 3 with 35% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 35% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 40% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.6 m/s
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as speed and form allows
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 35% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	5 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	5 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Hang Power Cleans	78% for 7 x 2 (work up on last 2)
Rear Leg Elevated SS Bar Unilateral Squat Jumps	5 x 3 each leg (velocity must stay above 1.3 m/s, rest two minutes after complete set)
Superset 1A: Trap Bar Deadlift Jumps	25% for 5 x 3
Superset 1B: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

## DAY 4

Superset 1A: Bench Press	5 x 5 (all at 0.75 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Superset 2A: Half-Kneeling Landmine Push Press	3 x 6 each side (9 RPE)
Superset 2B: Seated Dumbbell Power Cleans	3 x 10
Weighted Dips (5 sec eccentric)	4 x 6
Bear Crawls (pulling a sled)	4 x 20 yards

## DAY 5

Power Clean from Blocks	3RM (9 RPE)
Superset 1A: Front Squat	65% for 5 x 3, then 3RM (at 0.5 m/s or faster)
Superset 1B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	5 x 3
Clean Pull (3 inch deficit)	2 x 2 (at -0.05 m/s from assigned peak velocity), then 2 x 2 (at -0.1 m/s from assigned peak velocity)
RDLs on Belt Squat (or band around waist)	4 x 6 (8 RPE, 5 sec eccentric, minimum of 90 lb on belt squat)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 14

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, total recovery between reps

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2, rest 30 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 6 sets with as fast as possible ground contact times superset with:
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2

# WEEK 15 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	1 x 5, then 1 x 4, then 3 x 3 (all sets at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	7 x 3 with 30% bar weight + 30% bands (60 sec rest, stay at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 40% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 45% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.5 m/s
Unilateral Farmer's Walk	3 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as speed and form allows
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	7 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	3 x 8 (start 7 RPE and work up to 8 RPE)
Superset 3B: Axle Bar Curls	3 x 8 (start 7 RPE and work up to 8 RPE)

## DAY 3

Hang Power Cleans	70% for 6 x 2
Rear Leg Elevated SS Bar Unilateral Squat Jumps	3 x 3 each leg (velocity must stay above 1.3 m/s), then work up for 3 sets (stop when drops below 1.1 m/s)
Superset 1A: Trap Bar Deadlift Jumps	30% for 5 x 3
Superset 1B: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 35 sec

## DAY 4

Superset 1A: Bench Press	1 x 8, then 1 x 6, then 3 x 5 (all at 0.75 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Superset 2A: Half-Kneeling Landmine Push Press	3 x 6 each side (7 RPE)
Superset 2B: Seated Dumbbell Power Cleans	3 x 10
Weighted Dips (5 sec eccentric)	4 x 6
Bear Crawls (pulling a sled)	4 x 25 yards

## DAY 5

Power Clean from Blocks	90% of 3RM for 2 x 3
Superset 1A: Front Squat	70% for 4 x 3, then 3RM (at 0.6 m/s or faster)
Superset 1B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	4 x 3
Clean Pull (3 inch deficit)	3 x 2 (at -0.1 m/s from assigned peak velocity)
RDLs on Belt Squat (or band around waist)	4 x 6 (8 RPE, 5 sec eccentric, minimum of 90 lb on belt squat)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 15

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 6, total recovery between reps

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 4 sets with as fast as possible ground contact times superset with:
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 4

# WEEK 16 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	2RM (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	5 x 3 with 40% bar weight + 30% bands (60 sec rest), then 2RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 30% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 35% bar weight + 30% bands based on Deadlift)
Unilateral Farmer's Walk	3 x 35 yards each arm

## DAY 2

Superset 1A: Power Snatch	2RM (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	5 x 3 with 40% bar weight + 30% bands (60 sec rest), then 2RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	5 x 8 (start 7 RPE and work up to 9.5 RPE)
Superset 3B: Axle Bar Curls	5 x 8 (start 7 RPE and work up to 9.5 RPE)

## DAY 3

Hang Power Cleans	80% for 7 x 1 (work up on last 2-3)
Rear Leg Elevated SS Bar Unilateral Squat Jumps	5 x 3 each leg (velocity must stay above 1.5 m/s, rest two minutes after complete set)
Superset 1A: Trap Bar Deadlift Jumps	20% for 5 x 3
Superset 1B: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 4

Superset 1A: Bench Press	5RM (at 0.6 m/s or faster), then -10% for 2 x 5 (last set is 5+, stop when drops below 0.6 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	3 x 8
Superset 2A: Half-Kneeling Landmine Push Press	6RM each side (start with dominant side)
Superset 2B: Seated Dumbbell Power Cleans	3 x 10
Weighted Dips (5 sec eccentric)	4 x 6
Bear Crawls (pulling a sled)	4 x 25 yards

## DAY 5

Power Clean from Blocks	2RM (9 RPE)
Superset 1A: Front Squat	3RM (at 0.6 m/s or faster)
Superset 1B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	3 x 3
Clean Pull (3 inch deficit)	off
RDLs on Belt Squat (or band around waist)	4 x 6 (8 RPE, 5 sec eccentric, minimum of 90 lb on belt squat)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 16

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Double Broad Jump for distance x 2
2 Russian Hops and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 10yd sprints x 5. Then rest 2 minutes between supersets

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 4 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 4 (rest 2 minutes between supersets)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)



# WEEK 17 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	6 x 2 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 40% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	4 x 35 yards each arm (work to Max for 35 yards)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	7 x 20 yards with 78% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 0.75 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	4 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	4 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	75% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3, no more than 9 RPE)
Superset 1A: Rear Leg Elevated SS Bar Unilateral Squats	4 x 5 each leg (velocity must stay above 0.8 m/s)
Superset 1B: Trap Bar Deadlift Jumps	30% for 4 x 5
Superset 1C: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 50 sec (make sure to continue to advance the load)

## DAY 4

Superset 1A: Bench Press	4 x 3 (all at 0.75 m/s), then Max reps (until mean velocity drops below 0.4 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	4 x 10
Superset 2A: Half-Kneeling Landmine Push Press	5 x 3 each side (8 RPE)
Superset 2B: Band or Cable Face Pulls	5 x 10
Dumbbell Triceps Extension	5 x 8 (30 sec rest)
Side Plans with Band Rows	4 x 15 each side (eccentric slower than concentric)

## DAY 5

Power Clean from Blocks	6 x 2 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
Superset 1A: Front Squat	60% for 5 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	5 x 3
Clean Pull	3 x 2 (at -0.05 m/s from assigned peak velocity)
Band Hyperextensions	4 x 8 (start 7 RPE and work up to 8 RPE)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 17

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets
2 Prisoner Squat Jumps, Land and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 15yd sprints x 5. Then rest 2 minutes between supersets

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 6 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2, (rest 2 minutes between supersets)

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
3 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)

# WEEK 18 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	7 x 2 (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 45% bar weight + 20% bands (60 sec rest), then 3RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 45% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	4 x 35 yards each arm (work to Max for 35 yards)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as speed and form allows
Superset 1B: Farmer's Carry	7 x 20 yards with 78% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 45% bar weight + 20% bands (60 sec rest), then 3RM (at 0.75 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	4 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	4 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	78% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3, no more than 9 RPE)
Superset 1A: Rear Leg Elevated SS Bar Unilateral Squats	4 x 5 each leg (velocity must stay above 0.8 m/s) Increase weight from last week if possible
Superset 1B: Trap Bar Deadlift Jumps	33% for 4 x 5
Superset 1C: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 4

Superset 1A: Bench Press	7 x 3 (all at 0.75 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	4 x 10
Superset 2A: Half-Kneeling Landmine Push Press	5 x 3 each side (9 RPE)
Superset 2B: Band or Cable Face Pulls	5 x 10
Dumbbell Triceps Extension	5 x 8 (30 sec rest)
Side Plans with Band Rows	4 x 15 each side (eccentric slower than concentric)

## DAY 5

Power Clean from Blocks	7 x 2 (at -0.2 m/s average from assigned peak velocity)
Superset 1A: Front Squat	65% for 5 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	5 x 3
Clean Pull	2 x 2 (at -0.05 m/s from assigned peak velocity), then 2 x 2 (at -0.1 m/s from assigned peak velocity)
Band Hyperextensions	4 x 8 (start 7 RPE and work up to 8 RPE)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 18

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Double Broad Jump for distance x 2
2 Prisoner Squat Jumps, Land and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 15yd x 6, rest 60 sec, superset with: 15yd sprints x 6. Then rest 2 minutes between supersets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
4 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
4 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 4 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 4, (rest 2 minutes between supersets)

# WEEK 19 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	5 x 3 (all at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	7 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 35% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	3 x 35 yards each arm (stay at 90% of max weight)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as speed and form allows
Superset 1B: Farmer's Carry	7 x 20 yards with 80% bodyweight each hand
Dynamic Bench Press (speed strength)	7 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	3 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	3 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	3 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	3 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	70% for 6 sets: 1 Hang Power Clean + 1 Hang Clean
Superset 1A: Rear Leg Elevated SS Bar Unilateral Squats	3 x 5 each leg (velocity must stay above 0.8 m/s) Increase weight from last week if possible
Superset 1B: Trap Bar Deadlift Jumps	35% for 3 x 5
Superset 1C: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 40 sec

## DAY 4

Superset 1A: Bench Press	1 x 6, then 1 x 4, then 3 x 3 (all at 0.75 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Superset 2A: Half-Kneeling Landmine Push Press	4 x 3 each side (7 RPE)
Superset 2B: Band or Cable Face Pulls	4 x 10
Dumbbell Triceps Extension	4 x 8
Side Plans with Band Rows	4 x 15 each side (eccentric slower than concentric)

## DAY 5

Power Clean from Blocks	5 x 3 (all at -0.2 m/s average from assigned peak velocity)
Superset 1A: Front Squat	70% for 4 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	4 x 3
Clean Pull	3 x 2 (at -0.1 m/s from assigned peak velocity)
Band Hyperextensions	3 x 8 (start 7 RPE and work up to 8 RPE)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 19

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 2 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 10yd sprints x 5. Then rest 2 minutes between supersets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
5 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 60 sec, then Sprint 10 yards. (Rest 3-4 minutes between sets, rest 3-4 minutes after fifth set)
30yd Sprints for Max time x 2 reps with two minutes between reps

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

# WEEK 20 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	1RM (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	5 x 3 with 50% bar weight + 20% bands (60 sec rest), then 2RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	10 x 1 with 50% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	3 x 40 yards each arm (work to Max for 40 yards)

## DAY 2

Superset 1A: Power Snatch	1RM (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	Max 20 yards
Dynamic Bench Press (speed strength)	5 x 3 with 50% bar weight + 20% bands (60 sec rest), then 2RM (at 0.7 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9.5 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	5 x 6 (start 7 RPE and work up to 9.5 RPE)
Superset 3B: Axle Bar Curls	5 x 6 (start 7 RPE and work up to 9.5 RPE)

## DAY 3

Clean Complex	80% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3 to 9.5 RPE)
Superset 1A: Rear Leg Elevated SS Bar Unilateral Squats	4 x 5 each leg (velocity must stay above 0.7 m/s) Increase weight from last week if possible
Superset 1B: Trap Bar Deadlift Jumps	40% for 4 x 4 (Max Effort each rep)
Superset 1C: Jump Complex	5 sets: 3 Unilateral Hurdle Jumps + 1 Bilateral Box Jump
Reverse Hypers or Band Pull-Throughs	3 x 60 sec

## DAY 4

Superset 1A: Bench Press	3RM (at 0.7 m/s or faster), then -10% for 2 x 3 (last set is 3+, stopping when below 0.7 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	3 x 5
Superset 2A: Half-Kneeling Landmine Push Press	3RM each side (start with dominant side)
Superset 2B: Band or Cable Face Pulls	3 x 10
Dumbbell Triceps Extension	5 x 8 (30 sec rest)
Side Plans with Band Rows	4 x 15 each side (eccentric slower than concentric)

## DAY 5

Power Clean from Blocks	1RM (at -0.2 m/s average from assigned peak velocity)
Superset 1A: Front Squat	5RM (at 0.5 m/s or faster)
Superset 1B: Depth Box Jump	3 x 3
Clean Pull	off
Band Hyperextensions	4 x 6 (start 7 RPE and work up to 8 RPE)
Leg Curls (band, dumbbell, or machine)	4 x 10

# SPEED WORK: WEEK 20

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 2 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 15yd x 5, rest 60 sec, superset with: 15yd sprints x 5. Then rest 2 minutes between supersets

## DAY 3

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
4 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 60 sec, then Sprint 10 yards. (Rest 3-4 minutes between sets, rest 3-4 minutes after fifth set)
40yd Sprints for Max time x 2 reps with three minutes between reps

## DAY 4

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell x 3 sets with as fast as possible ground contact times, rest 30-60 sec, superset with: T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 3 (rest 2 minutes between supersets)



You will notice in these power sections that we have assigned velocities for Olympic lifts. This is a really cool chart that Bryan Mann came up with to give a guide for athletes of varied heights. Obviously a 6'2" athlete will need to produce more of a peaked velocity than a 5'6" athlete because the bar has to travel farther.

## ASSIGNED PEAK VELOCITIES

Snatch Peak Velocities	
Athlete Height	Velocity
5' and below	1.6 m/s
5' 2"	1.85 m/s
5' 6"	2.1 m/s
5' 10"	2.3 m/s
6' 2"	2.5 m/s
6' 6"	2.75 m/s
6' 10"	2.95 m/s

Clean Peak Velocities	
Athlete Height	Velocity
5' and below	1.55 m/s
5' 6"	1.7 m/s
6' 2"	1.85 m/s
6' 10"	2.0 m/s

Jerk Peak Velocities	
Athlete Height	Velocity
5' and below	1.38 m/s
5' 6"	1.59 m/s
6' 2"	1.8 m/s
6' 10"	2.0 m/s

So if the prescription is block cleans at -0.2 m/s average from the assigned peak velocity, then a 5'6" athlete would need to lift at 1.5 m/s (assigned velocity of 1.7 m/s minus 0.2 m/s). A 6'2" lifter would need to perform the block cleans at 1.65 m/s.

I hope you get the chance to use this velocity based training because it is a lot of fun and you can expect a lot of solid data on your athletes.

The power development sections are my favorite. I totally stole this concept from Cal Dietz. Then I used the concept and applied it to peaking strength at different times in the weightlifting programs

as well. The result is athletes who are more peaked and ready for their individual sport.

The program concludes with peaked velocities and some velocity-controlled strength work. The goal is to maintain the strength added during the offseason without causing a lot of muscle damage.

Velocity will allow you to stop the movement before venturing into that intensity danger zone of 0.3 m/s and lower. Most people start to approach failure at or below 0.3 m/s. We will peak 40-yard dash, agility work, vertical leap, and broad jump in the final week of training. I expect the athlete to roll into the season with all new speed, strength, power, and work capacity.

Plus I want my athletes to be the hammer - like John Welbourn says. That means I want to create the strongest, the meanest, and the most explosive athletes on the field - and normally that's exactly who I send on the field. Here are a few of my studs:

- Tommy Bohanon, NFL fullback: 4.4 sec 40-yard dash, benches 500 pounds, has the NFL record for reps at 225, cleans 460 pounds, and squats over 700 pounds.
- Cade Carney, starting running back at Wake Forest University: 4.4 sec 40-yard dash, 40-inch vertical leap, cleans 400 pounds, squats 600 pounds, and benches 400 pounds.
- Tate Carney, sophomore in high school, 4A school playing varsity for second year: 2000 all purpose yards and still climbing this year, cleans 290 pounds, squats 400 pounds, 36-inch vertical leap, and already running a 4.6 sec 40-yard dash.

These are just a few of my hammers!

# **STRENGTH AND CONDITIONING (LOWER VOLUME)**

Here's a lower volume version of the strength and conditioning program that may better suit many athletes out there. If you're a coach, adapting the volume to suit the individual athlete's needs is a crucial skill for you to develop. If you're curious about how to reduce volume and still pack a punch with your program, these are great lessons. Take some time to compare the high volume and lower volume versions to see how I've stripped out the fat.

# WEEK 1 (ACCUMULATION)

## DAY 1

Hang Power Snatch	75% of Power Snatch for 8 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM (9 RPE), then -10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 80% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM (9 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 30 yards each arm (7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	63% for 5 x 10
Dumbbell or Kettlebell Push Press	10RM, then -15% for 10+
Dips	4 x submaximal (use weight if more than 10 reps)
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	75% for 8 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	8 x 3
Front Squat	80% for 7 x 3
Bench Press	80% for 7 x 3
Bentover Rows	63% for 5 x 10

# SPEED WORK: WEEK 1

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump and Sprint 10 Yards: 4
Paused Russian Hop: 4 each leg then Sprint 15 Yards x 4
Half Kneeling 10 Yard Sprint: 4

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 10 yards Side Step Roll and Sprint 10 yards x 4

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Prowler Push (10 yards super heavy), then rest 90 sec, then Swim and Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 2 (ACCUMULATION)

## DAY 1

Hang Power Snatch	78% of Power Snatch for 7 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM (9.5 RPE), then -10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 83% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM (9 RPE), then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 30 yards each arm (7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	65% for 5 x 10
Dumbbell or Kettlebell Push Press	10RM, then -15% for 10+
Dips	4 x submaximal (use weight if more than 10 reps)
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	78% for 7 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	7 x 3
Front Squat	80% for 7 x 4
Bench Press	80% for 7 x 4
Bentover Rows	65% for 5 x 10

# SPEED WORK: WEEK 2

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
One Leg Triple Broad Jump (1 Sec Pause When Sticking Each Landing): 2 sets each leg
One Leg Triple Broad Jump: 2 sets each leg
Falling Start 10 Yards x 2
Prowler Push 10 yards(maximal weight), Swim, and Sprint 10 yards x 5

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Work on Starts to 10 Yards: 3
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
OH Med Ball Throws for Distance: 3 sets of 6 (Rest 30 seconds between sets)
Underhand Med Ball Throws for Height/3 superset with KB Ice Skaters/10 x 4 ea
Broad Jump for Distance with 20lb weight vest 3x5

# WEEK 3 (ACCUMULATION)

## DAY 1

Hang Power Snatch	73% of Power Snatch for 6 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	90% of 5RM for 3 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 75% height
Snatch Grip Deadlift (eccentric slower than concentric)	90% of 5RM for 3 x 5
Unilateral Farmer's Walk	3 x 25 yards each arm (7 RPE, work up to 8 RPE)

## DAY 2

Close Grip Bench Press	60% for 3 x 10
Dumbbell or Kettlebell Push Press	90% of 10RM for 3 x 10
Dips	3 x submaximal (use weight if more than 10 reps)
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	73% for 6 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	6 x 3
Front Squat	80% for 3 x 5
Bench Press	80% for 3 x 5
Bentover Rows	60% for 3 x 10



# SPEED WORK: WEEK 3

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
Hip Flexor Stretch
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Half Kneeling 10 Yard Sprint: 4
Work on Starts to 10 Yards: 4

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Jump Back and Sprint 10 Yards x4
(Triple Broad Jump with 20lb weighted vest superset with KB Ice Skaters x10) x 3 sets
On Knee Med Ball Chest Passes/5 x 3 sets

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jumps for Distance x 3 sets
Build Up Sprints 40 Yards x 4, rest 30 seconds
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 4 (ACCUMULATION)

## DAY 1

Hang Power Snatch	80% of Power Snatch for 6 x 2 (60-90 sec rest between sets)
Superset 1A: Tempo Front Squat (5 sec eccentric, 2 sec pause at bottom, explosive concentric)	5RM, then -10% for 2 x 5
Superset 1B: Seated Box Jumps	3 x 5 at 85% height
Snatch Grip Deadlift (eccentric slower than concentric)	5RM, then -10% for 2 x 5
Unilateral Farmer's Walk	3 x 35 yards each arm (7 RPE, work up to 9 RPE)

## DAY 2

Close Grip Bench Press	70% for 3 x 10
Dumbbell or Kettlebell Push Press	8RM, then -15% for 8+
Dips	4 x submaximal (use weight if more than 10 reps)
TRX or Ring Ab Fallouts	3 x 10

## DAY 3

Superset 1A: Hang Power Clean	80% for 6 x 2 (60-90 sec rest between sets, starting after Broad Jumps)
Superset 1B: Broad Jumps	6 x 3
Front Squat	80% for 7 x 5
Bench Press	80% for 7 x 5
Bentover Rows	70% for 3 x 10

# SPEED WORK: WEEK 4

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll & Sprint 10 Yards x 4
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pushup and Sprint 10 yards x 4
(Triple Broad Jump with 20lb weighted vest superset with KB Ice Skaters x10) x 3 sets
Overhead Med Ball Throws x 5 x 2 sets

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 180 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy Sled Drags (4 seconds for 10 yards), then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 5 (STRENGTH)

## DAY 1

Clean (repetition method)	70% x 3, 75% x 2, 80% x 1, 73% x 2, 78% x 1, 83% x 1, 85% x 1
Superset 1A: Back Squat	78% for 5 x 5
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	5 x 3
Deadlifts (velocity based)	75% straight weight (or 60% straight weight + 20% bands or chains) for 8 x 2 (60-90 sec rest between sets)
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

## DAY 2

Power Snatch from Blocks	3RM (8-9 RPE, no misses)
Bench Press	78% for 5 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 3

Clean (from blocks)	3RM
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	6 x 3 with 50% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Trap Bar Jumps	20% of 1RM for 5 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Velocity Bench Press	5 x 5 with 50% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Pull-Ups	5 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

# SPEED WORK: WEEK 5

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4 Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Half Kneeling Sideways & Sprint 10 Yards x 4
Jump Back and Sprint 10 Yards x 4

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Broad Jump with 20lb vest and 3 sec pause in the athletic position 2x3, then no vest 2x3 superset with KB Ice Skaters 4 x 6 working to a 9 RPE
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 2

Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 90 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy Sled Pushes (4 seconds for 10 yards), then rest 30-60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 6 (STRENGTH)

## DAY 1

Clean (repetition method)	73% x 3, 78% x 2, 83% x 1, 75% x 2, 80% x 2, 85% x 1, 88% x 1
Superset 1A: Back Squat	80% for 6 x 4
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	6 x 3
Deadlifts (velocity based)	80% straight weight (or 65% straight weight + 20% bands or chains) for 7 x 2 (60-90 sec rest between sets)
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

## DAY 2

Power Snatch from Blocks	3RM
Bench Press	80% for 6 x 4
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 3

Clean (from blocks)	3RM
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	7 x 3 with 55% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Trap Bar Jumps	23% of 1RM for 7 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Velocity Bench Press	4 x 5 with 55% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Pull-Ups	4 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

# SPEED WORK: WEEK 6

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Drop and roll and then sprint 15 yards x 4 (roll different direction ea time)
Russian Hop x 2 and sprint 10 yards x 4

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pushup and Sprint 10 yards x 3
Broad Jump with 20lb vest and 3 sec pause in the athletic position 2x3, then no vest 2x3 superset with KB Ice Skaters 4 x 6 paused 2 sec per leg working to a 9 RPE

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
(On Knee Med Ball Chest Pall for Distance x 3 (Go Heavy) (use hips) rest 45 sec superset with Work on 10yd Starts) x 3
6 Sets (Focus on Step Count): Heavy Sled Push (20 yards), then Swim and Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 7 (STRENGTH)

## DAY 1

Clean (repetition method)	60% x 3, 70% for 2 x 2, 77% for 2 x 2, 83% for 2 x 1, 85% x 1
Superset 1A: Back Squat	75% for 5 x 5
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	5 x 3
Deadlifts (velocity based)	70% straight weight (or 55% straight weight + 20% bands or chains) for 8 x 2 (60-90 sec rest between sets)
Reverse Hypers or Band Pull-Throughs	3 x 40 sec

## DAY 2

Power Snatch from Blocks	90% for 2 x 3
Bench Press	75% for 5 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	3 x 10
Superset 1B: Pullovers	3 x 10
Superset 1C: Close Grip Presses	3 x 10
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 3

Clean (from blocks)	90% for 2 x 3
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	5 x 3 with 45% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Trap Bar Jumps	25% of 1RM for 5 x 3 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Velocity Bench Press	5 x 5 with 50% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Pull-Ups	5 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10



# SPEED WORK: WEEK 7

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 10 yard x 3
Russian Hop x 4 and sprint 10 yards x 3
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, Back Pedal 10 yards, & forward sprint 10yd x 3
Forward Roll & sprint 10yd, shuffle 10yd, & shuffle 10yd & Backpedal 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Prowler Push Low with minimum 150 pounds for 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 8 (STRENGTH)

## DAY 1

Clean (repetition method)	75% x 3, 80% x 2, 83% x 1, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1
Superset 1A: Back Squat	83% for 3 x 5
Superset 1B: Seated Box Jumps (to 80% box height) + Depth Jump (for height)	3 x 3
Deadlifts (velocity based)	85% straight weight (or 70% straight weight + 20% bands or chains) for 10 x 1 (60-90 sec rest between sets)
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 2

Power Snatch from Blocks	1RM
Bench Press	83% for 3 x 5
Barbell Rows (paused 2 sec on sternum)	4 x 5
Superset 1A: Nosebreakers	4 x 10
Superset 1B: Pullovers	4 x 10
Superset 1C: Close Grip Presses	4 x 10
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 25 yards each arm

## DAY 3

Clean (from blocks)	1RM
Superset 1A: SS Bar Back Squat Jumps (add weight to last two sets if speed is there)	7 x 2 with 60% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec between sets)
Superset 1B: Trap Bar Jumps	30% of 1RM for 7 x 2 (velocity must stay above 1.3 m/s, 60-90 sec rest between sets)
Velocity Bench Press	4 x 4 with 60% bar weight + 25% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Pull-Ups	4 x submaximal
Superset 1A: Seated Dumbbell Clean and Press	3 x 10
Superset 1B: Plate Front Raises	3 x 10

# SPEED WORK: WEEK 8

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 10 yard x 3
3 Broad Jumps and sprint 10 yards x 3
Underhand Med Ball Throw to Double Broad Jump with 15/25lb med ball 3 sets

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Side Roll Left and Side Roll Right and Sprint 10 yards x 4
T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 3 with rest 2:1
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 9 (REALIZATION)

## DAY 1

Clean (repetition method)	75% x 2, 80% x 2, 85% x 1, 78% x 2, 83% x 1, 88% x 1, 90% x 1
Superset 1A: Back Squat	85% for 5 x 3
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	5 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 70% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 70% bar weight + 20% band weight based on clean) and work up
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

## DAY 2

Hang Power Snatch (4 sec eccentric)	3RM (8-9 RPE, no misses)
Bench Press	85% for 5 x 3
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	6 x 8
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 3

Superset 1A: Hang Power Cleans	75% for 7 x 2 (work up on last 2-3, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	20% of 1RM for 7 x 3 (velocity must stay above 1.3 m/s, rest 2 min after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	6 x 3 with 55% bar weight + 20% bands or chains (goal 0.75 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch box) + Depth Jump (for height)	6 x 3
Superset 1A: Velocity Bench Press	5 x 5 with 55% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	5 x 5 (focus is on height of pushup)
Superset 2A: Pull-ups	4 x submaximal
Superset 2B: Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	4 x 3 each side

# SPEED WORK: WEEK 9

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Underhand Med Ball Toss Overhead and Sprint 10 yds x 4
Half Kneeling to sprint 15 yds x 5
Unilateral Broad Jump 3 Jumps with a 1 sec stick/pause for 2x3 ea leg
Unilateral Broad Jump 3 Jumps for 2x3 ea leg

## DAY 3

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Side Roll Left and Side Roll Right and Sprint 10 yards x 4
Two Forward Rolls, sprint 10 yards, bear crawl 10 yards, back pedal 10 yards x 4
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 5
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 3 sets (The goal is having the shortest ground contact time)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 10 (REALIZATION)

## DAY 1

Clean (repetition method)	78% x 2, 83% x 1, 88% x 1, 80% x 1, 85% x 1, 90% x 1, 93% x 1
Superset 1A: Back Squat	88% for 5 x 3
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	6 x 3
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 75% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 75% bar weight + 20% band weight based on clean) and work up
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

## DAY 2

Hang Power Snatch (4 sec eccentric)	3RM
Bench Press	88% for 5 x 3
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	6 x 8
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 3

Superset 1A: Hang Power Cleans	78% for 7 x 2 (work up on last 2-3, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	23% of 1RM for 7 x 3 (velocity must stay above 1.3 m/s, rest 2 min after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	7 x 3 with 58% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch box) + Depth Jump (for height)	7 x 3
Superset 1A: Velocity Bench Press	4 x 5 with 60% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	4 x 5 (focus is on height of pushup)
Superset 2A: Pull-ups	4 x submaximal
Superset 2B: Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	4 x 3 each side

# SPEED WORK: WEEK 10

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Underhand Med Ball Toss Overhead and Sprint 10 yds x 4
Russian Hops x 4 and Sprint 20 yards x 4 sets
Work on Starts to 10 Yards: 4
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
Triple Broad Jump for Distance x 2

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 4
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

## DAY 3

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Two Forward Rolls, sprint 10 yards, bear crawl 10 yards, back pedal 10 yards x 4
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2,
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 3 sets (Pause ea rep 2 sec and explode)

# WEEK 11 (REALIZATION)

## DAY 1

Clean (repetition method)	60% x 3, 70% for 2 x 2, 77% for 2 x 2, 83% for 2 x 1, 85% x 1
Superset 1A: Back Squat	80% for 5 x 2
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	5 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 70% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 70% bar weight + 20% band weight based on clean) Do not work up
Reverse Hypers or Band Pull-Throughs	3 x 35 sec

## DAY 2

Hang Power Snatch (4 sec eccentric)	90% for 2 x 3
Bench Press	80% for 5 x 2
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	4 x 8
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	3 x 30 yards each arm

## DAY 3

Superset 1A: Hang Power Cleans	70% for 6 x 2
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	25% of 1RM for 6 x 3 (velocity must stay above 1.3 m/s, rest 2 min after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	5 x 3 with 50% bar weight + 20% bands or chains (goal 0.8 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch box) + Depth Jump (for height)	5 x 3
Superset 1A: Velocity Bench Press	5 x 5 with 50% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	5 x 5 (focus is on height of pushup)
Superset 2A: Pull-ups	3 x submaximal
Superset 2B: Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	3 x 3 each side



# SPEED WORK: WEEK 11

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Chest Pass med ball & sprint 15 yard x 4
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets
Bear Crawl 10 yards, forward roll, and sprint 15 yards x 4

## DAY 3

Jump Rope: 2 min
Get-Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll sprint 10 yards + backpedal 5 yds + sprint 10yd x 3 sets
Triple Broad Jump with 20lb weighted vest x 2, and then Triple Broad Jump no vest for x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 2 sets with as fast as possible ground contact times and then 2 sets (Pause ea rep 2 sec and explode)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)

# WEEK 12 (REALIZATION)

## DAY 1

Clean (repetition method)	80% x 2, 85% x 1, 88% x 1, 90% x 1, 83% x 2, 93% x 1, 95% x 1
Superset 1A: Back Squat	90% for 5 x 2
Superset 1B: Prisoner Squat Jump and Knee to Chest (20 lb weighted vest)	3 x 5
Explosive Clean Pulls on Belt Squat with 5 sec eccentric (alternative: Clean Pulls with band around waist)	7 x 2 starting with 80% bar weight + 20% belt squat based on clean (or 7 x 2 starting with 80% bar weight + 20% band weight based on clean) and work up
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

## DAY 2

Hang Power Snatch (4 sec eccentric)	2RM
Bench Press	90% for 5 x 2
Kettlebell Batwing Rows (2 sec pause at full contraction)	3 x 10
DB Triceps Extension	8 x 8
Fat Bar Curls	3 x 10
Unilateral Farmer's Walk	3 x 35 yards each arm

## DAY 3

Superset 1A: Hang Power Cleans	80% for 7 x 1 (work up on last 2-3, rest 30-60 sec)
Superset 1B: Barbell Squat Jumps (same range of motion as a vertical jump)	30% of 1RM for 7 x 2 (velocity must stay above 1.3 m/s, rest 2 min after complete set)
Superset 2A: SS Bar Back Squat Box Squats (add weight to last two sets if speed is there)	7 x 2 with 63% bar weight + 20% bands or chains (goal 0.75 m/s, 60-90 sec rest between sets)
Superset 2B: Seated Box Jumps (with 20 lb weighted vest to 40 inch box) + Depth Jump (for height)	7 x 2
Superset 1A: Velocity Bench Press	4 x 4 with 65% bar weight + 20% bands or chains (at 0.75 m/s, 60-90 sec rest between sets)
Superset 1B: Depth Plyo Pushups	4 x 5 (focus is on height of pushup)
Superset 2A: Pull-ups	3 x submaximal
Superset 2B: Suitcase Deadlifts on Belt Squat (4 inch deficit, 8-9 RPE)	3 x 3 each side

# SPEED WORK: WEEK 12

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
On Belly get up and sprint 15 yards x 5
Triple Broad Jump for distance x 4 sets

## DAY 3

Jump Rope: 2 min
Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 3
Test Broad Jump

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Cat and Camel: 10
Hip Flexor Stretch
Fire Hydrant: 10 each
4-Position March: 2
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3
Work on Starts to 10 Yards: 2
Heavy 10 yd Sled Push x 2
Rest 90-120 sec
Test 40yd dash x 2-3

# WEEK 13 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	4 x 3 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 30% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 35% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.6 m/s
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	5 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	5 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Superset 1A: Hang Power Cleans	75% for 6 x 2 (work up on last 2)
Superset 1B: Trap Bar Deadlift Jumps	20% for 6 x 3
Superset 2A: Front Squat	60% for 5 x 3, then 3RM (at 0.5 m/s or faster)
Superset 2B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	5 x 3
Superset 3A: Bench Press	4 x 5 (all at 0.75 m/s), then Max reps (until mean velocity drops below 0.4 m/s)
Superset 3B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Reverse Hypers or Band Pull-Throughs	3 x 45 sec

# SPEED WORK: WEEK 13

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Bear Crawl 10 yards, forward roll, and sprint 15 yards x 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Forward Roll sprint 10 yards + backpedal 5 yds + sprint 10yd x 3 sets
Triple Broad Jump with 20lb weighted vest x 2, and then Triple Broad Jump no vest for x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 2 sets with as fast as possible ground contact times and then 2 sets (Pause ea rep 2 sec and explode)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 3, rest 30 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 30 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

# WEEK 14 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	5 x 3 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 35% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 35% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 40% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.6 m/s
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	6 x 3 with 35% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	5 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	5 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Superset 1A: Hang Power Cleans	78% for 6 x 2 (work up on last 2)
Superset 1B: Trap Bar Deadlift Jumps	25% for 6 x 3
Superset 2A: Front Squat	65% for 5 x 3, then 3RM (at 0.5 m/s or faster)
Superset 2B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	5 x 3
Superset 3A: Bench Press	5 x 5 (all at 0.75 m/s)
Superset 3B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Reverse Hypers or Band Pull-Throughs	3 x 50 sec

# SPEED WORK: WEEK 14

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, total recovery between reps

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2, rest 30 seconds
Work on Starts to 10 Yards: 3
6 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 6 sets with as fast as possible ground contact times superset with:
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2

# WEEK 15 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	1 x 5, 1 x 4, 3 x 3 (all sets at -0.2 m/s average from assigned velocity)
SS Bar Dynamic Squats (speed strength)	7 x 3 with 30% bar weight + 30% bands (60 sec rest, stay at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 40% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 45% bar weight + 30% bands based on Deadlift). Work up on last 3 sets but stay above 0.5 m/s
Unilateral Farmer's Walk	4 x 30 yards each arm

## DAY 2

Superset 1A: Power Snatch	5 x 3 (at -0.15 m/s average from assigned peak velocity) Increase speed from last week as speed and form allow
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	7 x 3 with 30% bar weight + 30% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	3 x 8 (start 7 RPE and work up to 8 RPE)
Superset 3B: Axle Bar Curls	3 x 8 (start 7 RPE and work up to 8 RPE)

## DAY 3

Superset 1A: Hang Power Cleans	70% for 5 x 2
Superset 1B: Trap Bar Deadlift Jumps	30% for 5 x 3
Superset 2A: Front Squat	70% for 4 x 3, then 3RM (at 0.6 m/s or faster)
Superset 2B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	4 x 3
Superset 3A: Bench Press	1 x 8, 1 x 5, 3 x 5 (all sets at 0.75 m/s)
Superset 3B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Reverse Hypers or Band Pull-Throughs	3 x 35 sec



# SPEED WORK: WEEK 15

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 6, total recovery between reps

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 20 yards. (Rest 3-4 minutes between sets)

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell (advanced 70lb/90lb) x 4 sets with as fast as possible ground contact times superset with:
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 4

# WEEK 16 (POWER DEVELOPMENT 1)

## DAY 1

Block Clean	2RM (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	5 x 3 with 40% bar weight + 30% bands (60 sec rest), then 2RM (at 1.0 m/s or faster)
Dynamic Deadlift on Belt Squat with 5 sec eccentric (alternative: Deadlift with band with 5 sec eccentric)	7 x 3 start with 30% bar weight + 30% belt squat and purple bands based on Deadlift (or 7 x 3 start with 35% bar weight + 30% bands based on Deadlift).
Unilateral Farmer's Walk	3 x 35 yards each arm

## DAY 2

Superset 1A: Power Snatch	2RM (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	5 x 20 yards with 75% bodyweight each hand
Dynamic Bench Press (speed strength)	5 x 3 with 40% bar weight + 30% bands (60 sec rest), then 2RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	4 x 5 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	4 x submaximal (use weight if over 10 reps)
Superset 3A: Axle Bar Close Grip Floor Presses	5 x 8 (start 7 RPE and work up to 9.5 RPE)
Superset 3B: Axle Bar Curls	5 x 8 (start 7 RPE and work up to 9.5 RPE)

## DAY 3

Superset 1A: Hang Power Cleans	80% for 6 x 1 (work up on last 2)
Superset 1B: Trap Bar Deadlift Jumps	20% for 6 x 3
Superset 2A: Front Squat	3RM (at 0.6 m/s or faster)
Superset 2B: Seated Box Jumps (to 85% box height) + Depth Jump and Touch (Max height)	3 x 3
Superset 3A: Bench Press	5RM (at 0.6 m/s or faster), then -10% for 2 x 5 (last set is 5+, stopping when drops below 0.6 m/s)
Superset 3B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	3 x 8
Reverse Hypers or Band Pull-Throughs	3 x 55 sec

# SPEED WORK: WEEK 16

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Double Broad Jump for distance x 2
2 Russian Hops and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 10yd sprints x 5. Then rest 2 minutes between supersets

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 4 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 4 (rest 2 minutes between supersets)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
3 Sets (Focus on Step Count): Heavy as possible prowler push 10 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)

# WEEK 17 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	6 x 2 (at -0.2 m/s average from assigned peak velocity), then Max reps (until velocity drops below -0.3 m/s from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 40% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	4 x 35 yards each arm (work to Max for 35 yards)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	7 x 20 yards with 78% bodyweight each hand
Dynamic Bench Press (speed strength)	5 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 0.75 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	4 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	4 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	75% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3, no more than 9 RPE)
Superset 1A: Front Squat	60% for 5 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	5 x 3
Superset 2A: Bench Press	4 x 3 (all at 0.75 m/s), then Max reps (until mean velocity drops below 0.4 m/s)
Superset 2B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	4 x 10
Reverse Hypers or Band Pull-Throughs	3 x 50 sec (make sure to continue to advance the load)

# SPEED WORK: WEEK 17

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 3 sets
2 Prisoner Squat Jumps, Land and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 15yd sprints x 5. Then rest 2 minutes between supersets

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 6 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
Cone Zig Zag Drill ( 7 cones placed 5 yards from one another in a zig zag): All sprints x 2, sprint to backpedal x 2, shuffle to sprint x 2, (rest 2 minutes between supersets)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
3 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
3 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)

# WEEK 18 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	7 x 2 (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	6 x 3 with 45% bar weight + 20% bands (60 sec rest), then 3RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 45% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	4 x 35 yards each arm (work to Max for 35 yards)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as speed and form allow
Superset 1B: Farmer's Carry	7 x 20 yards with 78% bodyweight each hand
Dynamic Bench Press (speed strength)	5 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 0.75 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	4 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	4 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	78% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3, no more than 9 RPE)
Superset 1A: Front Squat	65% for 5 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	5 x 3
Superset 2A: Bench Press	7 x 3 (all at 0.75 m/s)
Superset 2B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	4 x 10
Reverse Hypers or Band Pull-Throughs	3 x 55

# SPEED WORK: WEEK 18

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Double Broad Jump for distance x 2
2 Prisoner Squat Jumps, Land and sprint 10 yards x 3 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 15yd x 6, rest 60 sec, superset with: 15yd sprints x 6. Then rest 2 minutes between supersets

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Ice Skaters 3 ea leg with a 60lb/80lb Kettlebell (advanced 80lb/100lb) x 4 sets with as fast as possible ground contact times, rest 30-60 sec, superset with:
Pro Shuttle Drill (3 cones in a straight line placed 5 yards apart) start in the middle cone, sprint to the cone on the right, turn around and sprint to the far cone, and then through the start point x 4, (rest 2 minutes between supersets)

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
4 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 15 yards. (Rest 3-4 minutes between sets)
4 Sets (Focus on Step Count): Heavy as possible sled drags 15 yards, then rest 60 sec, then Sprint 25 yards. (Rest 3-4 minutes between sets)

# WEEK 19 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	5 x 3 (all sets at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	7 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Trap Bar Dynamic Deadlift	7 x 2 with 35% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	3 x 35 yards each arm (stay at 90% of max)

## DAY 2

Superset 1A: Power Snatch	7 x 2 (at -0.15 m/s average from assigned peak velocity) Increase weight from last week as form and speed allow
Superset 1B: Farmer's Carry	7 x 20 yards with 80% bodyweight each hand
Dynamic Bench Press (speed strength)	7 x 3 with 40% bar weight + 20% bands (60 sec rest), then 3RM (at 1.0 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	3 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	3 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	3 x 8 (start 7 RPE and work up to 9 RPE)
Superset 3B: Axle Bar Curls	3 x 8 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	70% for 6 sets: 1 Hang Power Clean + 1 Hang Clean
Superset 1A: Front Squat	70% for 4 x 5, then 5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	4 x 3
Superset 2A: Bench Press	1 x 6, 1 x 4, 3 x 3 (all at 0.75 m/s)
Superset 2B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	5 x 8
Reverse Hypers or Band Pull-Throughs	3 x 40 sec



# SPEED WORK: WEEK 19

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 2 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 10yd x 5, rest 60 sec, superset with: 10yd sprints x 5. Then rest 2 minutes between supersets

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
5 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 60 sec, then Sprint 10 yards. (Rest 3-4 minutes between sets, rest 3-4 minutes after fifth set)
30yd Sprints for Max time x 2 reps with two minutes between reps

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 3
Ice Skaters 5 ea leg with a 35lb/50lb Kettlebell (advanced 50lb/70lb) x 3 sets (The goal is having the shortest ground contact time)

# WEEK 20 (POWER DEVELOPMENT 2)

## DAY 1

Block Clean	1RM (at -0.2 m/s average from assigned peak velocity)
SS Bar Dynamic Squats (speed strength)	5 x 3 with 50% bar weight + 20% bands (60 sec rest), then 2RM (at 0.8 m/s or faster)
Trap Bar Dynamic Deadlift	10 x 1 with 50% bar weight + 30% bands (work up but stay above 0.75 m/s)
Unilateral Farmer's Walk	3 x 40 yards each arm (work to Max for 40 yards)

## DAY 2

Superset 1A: Power Snatch	1RM (at -0.15 m/s average from assigned peak velocity)
Superset 1B: Farmer's Carry	Max: 20 yards
Dynamic Bench Press (speed strength)	5 x 3 with 50% bar weight + 20% bands (60 sec rest), then 2RM (at 0.75 m/s or faster)
Superset 2A: Split Stance Landmine Push Press	5 x 3 each side (2 sec hold at extension, start 7 RPE and work up to 9 RPE)
Superset 2B: Pull-ups	5 x submaximal (use weight if over 10 reps)
Superset 3A: Football Bar Close Grip Bench Press (100 lb chains)	5 x 6 (start 7 RPE and work up to 9.5 RPE)
Superset 3B: Axle Bar Curls	5 x 6 (start 7 RPE and work up to 9 RPE)

## DAY 3

Clean Complex	80% for 7 sets: 1 Hang Power Clean + 1 Hang Clean (work up on last 2-3, no more than 9.5 RPE)
Superset 1A: Front Squat	5RM (at 0.6 m/s or faster)
Superset 1B: Depth Box Jump	3 x 3
Superset 1A: Bench Press	3RM (all at 0.75 m/s faster), then -10% for 2 x 3 (last set is 3+. Stop when drops below 0.7 m/s)
Superset 1B: Kettlebell Batwing Rows (1-2 sec pause at full contraction)	3 x 5
Reverse Hypers or Band Pull-Throughs	3 x 60 sec

# SPEED WORK: WEEK 20

## DAY 1

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
Unilateral Broad Jumps x 3 ea leg (stick ea landing) x 2 sets
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Triple Broad Jump for distance x 2
2 Russian Hops and sprint 15 yards x 2 (focus on short contact time especially on last rep before sprinting)
Hill Sprints 15yd x 5, rest 60 sec, superset with: 15yd sprints x 5. Then rest 2 minutes between supersets

## DAY 2

Get Ups: 5 each
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Build Up Sprints 40 Yards x 2
Work on Starts to 10 Yards: 3
4 Sets (Focus on Step Count): Heavy as possible sled drags 10 yards, then rest 60 sec, then Sprint 10 yards. (Rest 3-4 minutes between sets, rest 3-4 minutes after fifth set)
40yd Sprints for Max time x 2 reps with three minutes between reps

## DAY 3

Jump Rope: 2 min
Runner Holds: 6 each
Abduction/Adduction: 6 each
Standing Oblique: 6 each
Streamline
Quadruped Thoracic Extension and Rotation: 10 each side
Quadruped Thoracic Extension and Rotation with Internal Rotation: 10 each side
Squat and Reach: 5 each side
OH Lunge: 10 each side
Hip Flexor Stretch
Fire Hydrant: 10 each
A-Skip: 2
A-Skip to Sprint 10 Yards: 2
B-Skip: 2
B-Skip to Sprint 10 Yards: 2
Prowler Push 180lbs 10 yards, swim and sprint 10 yards and backpedal 5 yards and Sprint 10yd x 2
Ice Skaters 3 ea leg with a 50lb/70lb Kettlebell x 3 sets with as fast as possible ground contact times, rest 30-60 sec, superset with: T-Drill- (Sprint 10 yards, sprint left 5 yards, back right 10 yards, left 5 yards, and back to beginning for a total of 40 yards)set up cones like a T x 3 (rest 2 minutes between supersets)



# CONCLUSION

I hope all of you enjoyed reading this book. More importantly, I hope this book will help guide your programming for many years to come. I encourage all of you to try these workouts for your athletes and for yourself. Document the results for each individual and make notes of their results throughout each section. The art of coaching comes from taking these programs and my suggestions - and then using your own experiences and knowledge to perfect the programs for you and your athletes.

When you can take these programs and make them your own, you are maturing as a coach. The key is to understand the concepts explained throughout this book and then continuing to learn from other sources and coaches. I encourage all of you to never completely sell out to any one source. I don't want you to ever be considered a Mash Coach, Westside Coach, or a Cal Strength Coach. I want you to learn from all of us, piece the knowledge strategically together, and form a program better than all of ours.

It's through all of you that my life's work will continue to live on years after I am gone. This is the very reason I do what I do. I want my work to matter. I want it to help as many people as possible while I am alive and after I am gone.

The most important part is for all of you to see my willingness to help other coaches. Through my free writings and programs, through the ways I freely help coaches who visit the Mash Compound, and through the ways I try to help others at meets - I hope all of you will hopefully see the love of God in that.

Now go use this information to make a program better than any of mine. Maybe I will read one of your books someday to get ideas on program design for my athletes. I want the coaching world to be one big circle with the athletes at the center of it all and not the egos of the coaches.

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