

COMPETITOR

Périodisation

3 Month

CYCLE

7 jour PROGRAMING

Monday	Tuesday	Wednesday	Thursday
Front Squat 80%/5X5 Power snatch 45%/5X5	Back lever 5 Stricts Pull ups 10 Jump box 10 AMRAP 10'	TLA + dalles 5X5/80% Epaulé Jete force 5X4/45%	20 cal Assault bike 1 ARM OH Lunges 10/10 EMOM 12'
6 Hang power snatch 50 DU 60/40	Man maker 10/10 15kg Push up	5 Hang power clean 5 climbing ropes Weight :40/50/60/70/80/.....	RUN 400m 20Kb swing unbroken 24/16kg 5 Mu rings

5round s	25 4 rounds		unbroken 3 rounds

3 days Weightlifting Monday/wenesday/Friday

Accesory work

Gym

Metabolic conditionnement

RECOVERY

Functional movement :Injury Prevention

Friday	Saturday	Sunday
Back squat 4X5 excentrique léger 6"/8"	Rest	Deadlift 7X5 70%
Power Snatch4X4 45% Push press	mobility	1-10 deadlift 1X body weight

50%4X4		Push press $\frac{3}{4}$ body weight burpees
10/10Dumbel snatch Altern Sled1A/R Amrap 12'		Time :