# **Week 3 (LIGHT)**

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| --- | --- | --- | --- | --- | --- | --- |
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|  |  |  |  |  |  |  |
| Rest | Rest | Conditioning | Strength | Crossfit | Strength | Rest |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |

*Recommended weekly schedule, if you need to change place on any session it’s fine*

**LIGHT WEEK** = Easier week with less volume. So you can recover from heavy training and keep developing.

# **Session 1**

**30-40 min GREEN ZONE RUNNING**

Running gives you the best effect of training. If you are unable to run, choose any conditioning machine that you want.

# **Session 2**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1 round of:**

**6 reps clean pull**

**6 reps close gripp muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’ THEN DO IT IN ALL YOUR LIFTS**

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

Snatch, find hip pocket, drill (see snatch guide)

**3 reps, 4 set**

**Empty barbell or wooden stick**

Front squat

**20-69% 6 reps x 3 set**

**70-79% 6 reps x 3 set**

Strict press

**20-69% 6 reps x 3 set**

**70-79% 5 reps x 5 set**

DB Romanian deadlift

**8-10 reps, 6 set**

*Focus on technique and not heavy weight, slow controlled reps*

# **Session 3**

Warmup

5 min easy bike to get warm

Handstand hold against wall + shoulder taps

**4-6 reps x 5 set**

*Wall walk into the wall, then do 4-6 shoulder taps on each arm*

2 Rounds not for time:

**10 Wall balls, 6 kg**

**6 Burpees**

**10 DB Hang snatch, 1x15 kg**

1.

EMOM 12 min

**1. 16 DB Snatch, 1x22.5 kg** *Alternating reps*

**2. 15 Cal Assault bike**

**3. 14 Chest to bar**

Rest 5 min

EMOM 12 min

**1. 16 Cal Assault bike**

**2. 5 Medball ground to over shoulder, 60 kg**

**3. 4 Wall walks**

*Timecap 50 sec on each minute*

2.

Cool down on bike 15-20 minutes heartrate 100-110

# **Session 4**

Warm up

Do all this with close grip on the barbell, don’t rest between the movements. If you are stiff you can add 1-2 extra rounds. It´s good to get warm and improve your mobility over time if you do this often.

**1 round of:**

**6 reps clean pull**

**6 reps close gripp muscle snatch**

**6 thruster behind neck**

**6 good mornings**

**6 bent over row**

[**https://www.youtube.com/watch?v=6GH3wRgidds**](https://www.youtube.com/watch?v=6GH3wRgidds) **Check out the warm-up here!**

All % is counted on the movement you do, of the 1 rep max PR   
(If it’s an old PR or you feel sore, count the % of what you think is your daily max in the movement)

Rest 2-3 min between heavy set (warm up 2-4 set before you start counting your set!)

**SPEND 1-2 MIN ON DOING THE ‘’BREATHING EXERCISE IN THE OLY GUIDE’’ THEN DO IT IN ALL YOUR LIFTS**

Polsk snatch + hang squat snatch (see snatch guide)

**2+1 reps x 3 set Light**

**1+1 reps x 2 set Medium**

Squat snatch

**20-70% 2 reps x 3 set** *Drop the bar between reps*

**70-79% 2 reps x 2 set** *Drop the bar between reps*

**80-100% 1 reps x 5 set**

Squat clean

**20-70% 2 reps x 3 set** *Drop the bar between reps, rest max 10 sec between reps*

**70-79% 2 reps x 2 set** *Drop the bar between reps, rest max 10 sec between reps*

Front squat

**20-70% 2 reps x 3 set**

**70-79% 2 reps x 2 set**

**80-89% 3 reps x 3 set**

Ring chest to bar (pull as high as you can)

**5 reps, 4 set**