# **Week 4 (MEDIUM)**

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

*Recommended week schedule, if you need to change place on some sessions it’s fine*

# **Session 1**

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 grip 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!)

Polsk snatch + hang squat snatch (see snatch guide)

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

**1+1 reps x 3 set Medium**

Clean position (see clean guide)

**2 reps, 5 set**

**Empty barbell or wooden stick**

Power clean + push press

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

**1+1 reps x 3 set Medium**

**1+1 reps x 3 set Heavy**

*\*1+1 = 1 power clean and 1 push press = 1 set*

Front squat

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

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

**80-89% 3 reps x 5 set**

Strict press

**20-60% 7 reps x 3 set**

**60-70% 7 reps x 5 set**

# **Session 2**

Warmup

5 min easy bike to get warm

*Lägg 3-5 min stretch på: Infraspinatus trigger punkt (för rörlighet och ont i axel, med golfboll)*

*Lägg 3-5 min stretch på: Lats stretch (ger bättre rörlighet över huvudet)*

3 rounds (not for time):

**12 KB Swings, 12-16 kg**

**10 Air squats**

**5 Burpees**

1.

EMOM 27 minutes:

**Min 1: 15 Calories Row**

**Min 2: 15 KB Swing, 24 kg**

**Min 3: 10 Burpee box jump over**

*Time cap every min 55 sec*

2.

For time:

**50 Wallballs, 9 kg**

**50 Calories Assault bike**

**50 DB Walking lunge steps, 2x22.5 kg** *(hold DBs in hands, not on shoulders)*

3.

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

# **Session 3**

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 grip 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**

Power clean

**20-70% 1 reps x 3 set**

**70-79% 1 reps x 3 set**

**80-100% 1 reps x 5 set** *(build up to your heaviest single of the day)*

Bench press

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

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

**80-89% 3 reps x 5 set**

Strict ring dips (weighted heavy)

**3 reps, 6 set**

Strict chest to bar

**Max unbroken reps, 4 set**

# **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 grip 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 (see snatch guide)

**1 reps x 3 set Light**

**1 reps x 3 set Medium**

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

**3 reps, 3 set**

**Empty barbell or wooden stick**

Back squat

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

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

**80-89% 3 reps x 5 set**

Hip thrust

**8-10 reps, 5 set**

DB Bulgarian split squat (1x DB in 1 hand)

**10-14 reps on each leg, 3 set**

# **Session 5**

Warmup

5 min easy bike to get warm

*Lägg 3-5 min stretch på: Infraspinatus trigger punkt (för rörlighet och ont i axel, med golfboll)*

*Lägg 3-5 min stretch på: Lats stretch (ger bättre rörlighet över huvudet)*

2 rounds (not for time):

**10 Burpees**

**10 Air squats**

**25 Single unders**

1.

For time, 3 rounds:

**15 Burpees**

**15 Deadlift, 125 kg**

**100 Double unders**

*Rest 2 min, then*

For time, 3 rounds:

**12 Chest to bar**

**12 DB Devils press, 2x22.5 kg**

**12 Box jumps, 75 cm**

*Rest 2 min, then*

For time, 3 rounds:

**10 Bar muscle up**

**30 Pistols**  *(15 reps unbroken left leg, 15 reps unbroken right leg)*

**5 Medball cleans, 70 kg**

2.

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

# **Session 6**

**45-60 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.