

## 5 Weeks Oly – Apr/May 2014

*This is a quick 5-week block that focuses on the snatch and clean & jerk and goes for maxes on the last Sunday. Plenty of work on the classic lifts, but still doing pulls, powers and hang lifts as well. Feel out weights for each exercise that are challenging but not max efforts.*

### Week 1

#### Tuesday

Muscle Snatch 2 x 3 tough doubles

Snatch – 75% x 1 x 3

C&J – 75% x 1 x 3

BS 85% x 1 x 1

#### Friday

Snatch 50% x 1 x 5

C&J 50% x1 x5

Focus on speed and precision with each lift.

#### Sunday

41° WLC April Comp Max Snatch and Max C&J

### Week 2

#### Tuesday

- Snatch - 5 x 3 (~70-80%)
- Snatch pull - 4 x 4
- Power clean + power jerk - 75% x 5 sets
- Pause back squat - 4 x 3

#### Friday

- Hang snatch (below knee) - 75% x 2 x 5
- Clean & Jerk - 5 x 3 (~70-80%)
- Heaving snatch balance - 4 x 3
- Clean pull - 4 x 4
- Front squat - 4 x 2

Feel out weights for each exercise that are challenging but not max efforts.

#### Sunday

- Snatch - 60%x3, 70%x2, 75%x2, 80%x2, 85% x 1 x 3
- Clean & Jerk - 60%x3, 70%x2, 75%x2, 80%x2, 85% x 1 x 3
- Front squat - heavy single; 90% x 1 x 2

### Week 3

#### Tuesday

- Snatch - 5 x 2 (~75-85%)
- Snatch pull - 4 x 3
- Power clean + power jerk - 75% x 3 sets, 80% x 2 sets
- Pause back squat - 5 x 2

*Aim to add weight to each exercise from what you used last week.*

### **Friday**

- Hang snatch (below knee) - 75% x 2 x 3, 80% x 2 x 2
- Clean & Jerk - 5 x 2 (~75-85%)
- Heaving snatch balance - 4 x 2; add weight from last wk
- Clean pull - 4 x 3
- Front squat - 4 x 2

*Aim to beat the weights you used last week for these exercises.*

### **Sunday**

- Snatch - 60%x3, 70%x2, 75%x2, 80%x2, 85% x 1, 90% x 1
- Clean & Jerk - 60%x3, 70%x2, 75%x2, 80%x2, 85% x 1, 90% x 1
- Front squat - heavy single; 90% x 1 x 2

## **Week 4**

### **Tuesday**

- Snatch - 5 x 1 (~80-90%)
- Power clean + power jerk - 75%, 80%, 80%+ x 3
- Snatch pull - 4 x 2
- Pause back squat - 5 x 1

*Aim to add weight to each exercise from what you used last week.*

- Power snatch + snatch - 75%, 80%, 80%+ x 3

*On both lifting exercises, perform one set at each percentage. After the first set with 80%, try to increase the weight for 3 more sets. You can take it up to a max effort if you're feeling good.*

### **Friday**

- Clean & Jerk - 5 x 1 (~80-90%)
- Heaving snatch balance - 4 x 1; add weight from last wk
- Clean pull - 4 x 2
- Front squat - 5 x 1

*Aim to add weight from what you used last week.*

### **Sunday**

- Snatch - 60%x3, 70%x2, 75%x2, 80%x1, 85% x 1, 90% x 1, 95% x 1, 85% x 1 x 2
- Clean & Jerk - 60%x3, 70%x2, 75%x2, 80%x1, 85% x 1, 90% x 1, 95% x 1, 85% x 1 x 2
- Front squat - heavy single; 90% x 1

## **Week 5**

### **Tuesday**

- Snatch - 80% x 1 x 2, 85% x 1, 90% x 1
- Clean & Jerk - 80% x 1 x 2, 85% x 1, 90% x 1
- Front squat - 80% x 2, 85% x 1 x 2
- Power snatch - 70% x 1 x 5

**Friday**

- Snatch - 80% x 1 x 3
- Clean & Jerk - 80% x 1 x 3
- Snatch Pull - 90% x 2 x 3

**Sunday**

41° WLC May Comp

- Snatch - max
- Clean & jerk - max