

CATALYST ATHLETICS TRAINING CYCLE: 8-Week General Cycle

8 weeks

This is an 8-week cycle using 3-position snatches and cleans, power snatches and power cleans, and plenty of pulls, squats and classic snatch and clean & jerk.

Monday – Rest Day – Week 1 of 8

Tuesday

- 3-Position Snatch (floor, below knee, above knee) - 60%, 65%, 70% x 4 sets
- Snatch Pull - 90% (of sn) x 3 x 2, 95% x 3 x 2
- Back Squat - 70% x 5 x 5
- Push Press - 70% x 5 x 5

For all exercises this week, if the prescribed weights feel good, you can increase weights on your final sets.

Wednesday

- Power Clean - 70% x 3 x 5
- Power Jerk - 60% (of split jerk) x 3 x 5
- Overhead Squat - 70% x 3 x 5

Thursday

- 3-Position Clean (floor, below knee, above knee) + Jerk - 60%, 65%, 70% x 4 sets
- Clean Pull - 90% (of cln) x 3 x 2, 95% x 3 x 2
- Front Squat - 70% x 3 x 5
- Good Morning - 3x5

Friday

- Power Snatch - 70% x 3 x 5
- Snatch High-Pull - 70% (of sn) x 3 x 5
- Snatch Push Press + Overhead Squat - 70% (of sn or ohs) x 5+1 x 5

Saturday

Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 80%x2, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x2+1, heavy single
- Back Squat - 75% x 3 x 5
- SLDL - 3x5

Monday – Week 2 of 8

Rest Day

Tuesday

- 3-Position Snatch (floor, below knee, above knee) - 60%, 65%, 70%, 75% x 3 sets
- Snatch Pull - 95% (of sn) x 3 x 2, 100% x 3 x 2

- Back Squat - 75% x 5 x 5
- Push Press - 75% x 5 x 5

For all exercises this week, if the prescribed weights feel good, you can increase weights on your final sets.

Wednesday

- Power Clean - 75% x 3 x 5
- Power Jerk - 65% (of split jerk) x 3 x 5
- Overhead Squat - 75% x 3 x 5

Thursday

- 3-Position Clean (floor, below knee, above knee) + Jerk - 60%, 65%, 70%, 75% x 3 sets
- Clean Pull - 95% (of cln) x 3 x 2, 100% x 3 x 2
- Front Squat - 75% x 3 x 5
- Good Morning - 3x5

Friday

- Power Snatch - 75% x 3 x 5
- Snatch High-Pull - 75% (of sn) x 3 x 5
- Snatch Push Press + Overhead Squat - 75% (of sn or ohs) x 5+1 x 5

Saturday

Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 80%x2, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x2+1, heavy single
- Back Squat - 80% x 3 x 5
- SLDL - 3x5

Monday – Week 3 of 8

Rest Day

Tuesday

- 3-Position Snatch (floor, below knee, above knee) - 60%, 65%, 70%, 75%, 80%, max
- Snatch Pull - 100% (of sn) x 3 x 4
- Back Squat - 70% x 5, 75% x 5, 80% x 5, 5RM
- Push Press - 70% x 5, 75% x 5, 5RM

Wednesday

- Power Clean - 70% x 3, 75% x 3, 80% x 3, 3RM
- Power Jerk - 60% (of split jerk) x 3, 65% x 3, 70% x 3, 3RM
- Overhead Squat - 70% x 3, 75% x 3, 80% x 3, 3RM

Thursday

- 3-Position Clean (floor, below knee, above knee) + Jerk - 60%, 65%, 70%, 75%, 80%, max
- Clean Pull - 100% (of cln) x 3 x 4
- Front Squat - 70% x 3, 75% x 3, 80% x 3, 3RM
- Good Morning - 3x5

Friday

- Power Snatch - 70% x 3, 75% x 3, 80% x 3, 3RM
- Snatch High-Pull - 75% (of sn) x 3 x 3, 80% x 3 x 2
- Snatch Push Press + Overhead Squat - 70% (of sn or ohs) x 5+1, 75% x 5+1, 80% x 5+1, max 5+1

Saturday

Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 80%x1, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x1+1, heavy single
- Back Squat - 70% x 3, 75% x 3, 80% x 3, 85% x 3, 3RM
- SLDL - 3x5

Monday – Week 4 of 8

Rest Day

Tuesday

- Snatch - 60%x2, 65%x2x2, 70%x2x3
- Snatch Pull - 90% (of sn) x 2 x 2, 95% x 2 x 2
- Back Squat - 70% x 3 x 5

This is a recovery week. You'll probably feel beat up until the end of the week. Next week we start pushing again

Wednesday

- Power Clean - 70% x 2 x 5
- Power Jerk - 60% (of split jerk) x 2 x 5
- Push Press - 70% x 3 x 3

Thursday

- Clean & Jerk - 60% x 2+1, 65% x 2+1 x 2, 70% x 2+1 x 3
- Clean Pull - 90% (of cln) x 2 x 2, 95% x 2 x 2
- Front Squat - 70% x 2 x 5

Friday

- Power Snatch - 70% x 2 x 5
- Snatch Push Press + Overhead Squat - 70% x 3+1 x 4
- Press - 3 x 5

Saturday
Rest Day

Sunday

- Snatch - 65%x2, 70%x2x2, 75%x1x2, 80%x1x3
- Clean & Jerk - 65%x2+1, 70%x2+1x2, 75%x1+1x2, 80%x1+1x3
- Back Squat - 75% x 2 x 4

Monday – Week 5 of 8
Rest Day

Tuesday

- Snatch - 60%x3, 65%x3, 70%x2, 75%x2x4
- Snatch Pull - 100% (of sn) x 3 x 4
- Back Squat - 70%x3, 75%x3x4
- Push Press - 70%x5, 75%x5, 80%x3x3

Like in previous weeks, take up the weight in the last sets if you're feeling good. Don't push to max.

Wednesday

- Power Snatch - 70%x3, 75%x3, 80%x2x4
- Power Clean + Power Jerk - 75%x1+1 x 5
- Overhead Squat - 80% x 2 x 5

Thursday

- Clean & Jerk - 60%x3+1, 65%x3+1, 70%x2+1, 75%x2+1x4
- Clean Pull - 100% (of cln) x 3 x 4
- Front Squat - 70%x2m 75%x2, 80%x2x3
- SLDL - 3x5

Friday

- Power Snatch - 70%x2, 75%x2, 80%x1x4
- Power Clean + Power Jerk - 75%x2(1+1) x 5
- Snatch Push Press + Overhead Squat - 70%x3+1, 75%x3+1, 80%x3+1

Saturday
Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 75%x2, 80%x1, 85%x1, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x1+1, 85%x1+1, heavy single
- Back Squat - 75% x 3, 80% x 3 x 4
- SLDL - 3x5

Monday – Week 6 of 8
Rest Day

Tuesday

- Snatch - 60%x3, 65%x3, 70%x2, 75%x2, 80%x2x3
- Snatch Pull - 100% (of sn) x 3 x 2, 105% x 3 x 2
- Back Squat - 70%x3, 75%x3, 80% x 3 x 3
- Push Press - 70%x5, 75%x5, 80%x3, 85% x 3 x 2

Take up the weight in the last sets if you're feeling good. Don't push to max.

Wednesday

- Power Snatch - 70%x3, 75%x3, 80%x2x2, 85%x2x2
- Power Clean + Power Jerk - 75%x1+1 x 3, 80%x1+1x2
- Overhead Squat - 80% x 2 x 2, 85% x 2 x 3

Thursday

- Clean & Jerk - 60%x3+1, 65%x3+1, 70%x2+1, 75%x2+1, 80%x2+1x3
- Clean Pull - 100% (of cln) x 3 x 2, 105% x 2 x 2
- Front Squat - 70%x2, 75%x2, 80%x2, 85%x2x3
- SLDL - 3x5

Friday

- Power Snatch - 70%x2, 75%x2, 80%x1x2, 85%x1x2
- Power Clean + Power Jerk - 75%x2(1+1) x 2, 80%x2(1+1)x2
- Snatch Push Press + Overhead Squat - 70%x3+1, 75%x3+1, 80%x3+1, 85%x3+1x2

Saturday
Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 75%x2, 80%x1, 85%x1, 90%x1, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x1+1, 85%x1+1, 90%x1+1, heavy single
- Back Squat - 75% x 3, 80% x 3 x 2, 85% x 3 x 2
- Good Morning - 3x5

Monday – Week 7 of 8
Rest Day

Tuesday

- Snatch - 60%x3, 65%x3, 70%x2, 75%x2, 80%x2, 2RM
- Snatch Pull - 100% (of sn) x 3, 105% x 3, 110% x 3 x 2
- Back Squat - 70%x3, 75%x3, 80% x 3, 3RM
- Push Press - 70%x3, 75%x3, 80%x2, 85%x1, 1RM

Wednesday

- Power Snatch - 70%x3, 75%x2, 80%x1, 85%x1, 1RM
- Power Clean + Power Jerk - 75%x1+1 x 2, 80%x1+1x3
- Overhead Squat - 70%x2, 75%x2, 80%x1, 85%x1, 1RM

Thursday

- Clean & Jerk - 60%x2+1, 65%x2+1, 70%x2+1, 75%x2+1, 80%x2+1, 2+1RM
- Clean Pull - 100% (of cln) x 3, 105%x3, 110%x3x2
- Front Squat - 70%x2, 75%x2, 80%x2, 85%x2, 2RM
- SLDL - 3x5

Friday

- Power Snatch - 70%x2, 75%x2, 80%x1, 85%x1x3
- Power Clean + Power Jerk - 75%x1+1, 80%x1+1, 85%x1+1, 1+1RM
- Snatch Balance - 70%x3x2, 75%x3x3

Saturday

Rest Day

Sunday

- Snatch - 60%x2, 70%x2, 75%x2, 80%x1, 85%x1, 90%x1, heavy single
- Clean & Jerk - 60%x2+1, 70%x2+1, 80%x1+1, 85%x1+1, 90%x1+1, heavy single
- Back Squat - 75% x 2, 80% x 2, 85% x 2, 2RM
- Good Morning - 3x5

Monday – Week 8 of 8

Rest Day

Tuesday

- Snatch - 75%x2, 80%x1, 85%x1x3
- Clean & Jerk - 75%x1+1, 80%x1+1, 85%x1+1
- Clean Pull - 90% (of cln) x2, 95%x2x2
- Back Squat - 75%x3, 80%x2, 85%x2x2

Wednesday

- Snatch - 75% x 1 x 6
- Power Clean & Jerk - 75%x1+1, 80%x1+1, 85%x1+1x3

Thursday

- Snatch - 75%x2, 80%x1x3
- Snatch Pull - 90% (of sn) x 2 x 3
- Front Squat - 75%x2, 80%x1, 85%x1

Friday

- Power Snatch - 75%x2, 80%x2, 85%x2x3
- Clean & Jerk - 70%x1+1, 75%x1+1x2

Saturday
Rest Day

Sunday

- Snatch - max
- Clean & Jerk - max
- Front or Back Squat - max