

## Block & Pull Cycle

*This is a 6-week cycle that uses a lot of lifting off the blocks and has an emphasis on pulling strength and power. This will be a tough cycle. Be smart with restoration and cut back on sets or weight if you find you're not recovering adequately (feeling tired is fine; missing prescribed lifts is a better indicator).*

### Week 1

#### Day 1

- Block snatch pull + snatch (mid-thigh) - 65% x 2(1+1) x 3, 70% x 2(1+1) x 2
- Block clean pull + clean (mid-thigh) - 65% x 2(1+1) x 3, 70% x 2(1+1) x 2
- Clean deadlift to knee + clean pull - 65% x 3+1 x 3, 70% x 3+1 x 2
- Front Squat - 60% x 3 x 2, 65% x 3 x 2, 70% x 3 x 2

#### Day 2

- Jerk - 60% x 3, 65% x 3, 70% x 2, 75% x 2, 80% x 2
- Hang power clean (below knee) - 50% (of clean) x 3 x 4
- Snatch push press + Overhead squat - 65% (of snatch) x 3+2 x 3

#### Day 3

- Block snatch pull + snatch (below knee) - 70% x 2(1+1) x 3, 75% x 2(1+1) x 2
- Block clean pull + clean (below knee) - 70% x 2(1+1) x 3, 75% x 2(1+1) x 2
- Snatch deadlift to knee + snatch pull - 65% (of snatch) x 3+1 x 3, 70% x 3+1 x 2
- Pause back squat - 65% x 5 x 2, 70% x 5 x 4

#### Day 4

- Push press + jerk - 50% (of jerk) x 3+1 x 2, 60% x 3+1 x 2, 65% x 3+1 x 2
- Hang power snatch (below knee) - 50% (of snatch) x 3 x 4
- Muscle snatch - 35% (of snatch) x 3 x 4
- Pin back squat (just above parallel) - 50% x 3 x 2, 55% x 3 x 2, 60% x 3 x 2

#### Day 5

Rest Day

#### Day 6

- Snatch - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Clean & jerk - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Front squat - 65% x 3 x 2, 75% x 3 x 2, 80% x 3, 85% x 3

#### Day 7

Rest Day

### Week 2

#### Day 1

- Block snatch pull + snatch (mid-thigh) - 70% x 2(1+1) x 5
- Block clean pull + clean (mid-thigh) - 70% x 2(1+1) x 5
- Clean deadlift to knee + clean pull - 75% x 3+1 x 2, 80% x 3+1 x 3
- Pause back squat - 60% x 5 x 3, 65% x 5 x 3

#### Day 2

- Jerk - 65% x 3, 70% x 3, 75% x 3, 80% x 2 x 2, 85% x 2
- Hang power clean (below knee) - 50% (of clean) x 3 x 2, 60% x 3 x 2
- Snatch push press + overhead squat - 70% x 3+2, 75% x 3+2 x 2

#### Day 3

- Block snatch pull + snatch (below knee) - 75% x 2(1+1) x 5
- Block clean pull + clean (below knee) - 75% x 2(1+1) x 5
- Snatch deadlift to knee + snatch pull - 75% (of snatch) x 3+1 x 3, 80% x 3+1 x 2
- Front squat - 65% x 3 x 2, 70% x 3 x 2, 75% x 3 x 2

#### Day 4

- Push press + jerk - 60% (of jerk) x 3+1 x 2, 65% x 3+1 x 3
- Hang power snatch (below knee) - 50% (of snatch) x 3 x 2, 60% x 3 x 2
- Muscle snatch - 40% (of snatch) x 3 x 3
- Pin back squat (just above parallel) - 50% (of back squat) x 3 x 2, 55% x 3 x 2

#### Day 5

Rest Day

#### Day 6

- Snatch - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Clean & jerk - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Front squat - 65% x 3 x 2, 75% x 3 x 2, 80% x 3 x 3

#### Day 7

Rest Day

### **Week 3**

#### **Day 1**

- Block snatch pull + snatch (mid-thigh) - 70% x 2(1+1) x 2, 75% x 2(1+1) x 2
- Block clean pull + clean (mid-thigh) - 70% x 2(1+1) x 2, 75% x 2(1+1) x 2
- Clean deadlift to mid-thigh + clean pull - 80% x 3+1 x 4
- Pause back squat - 65% x 4 x 5

#### **Day 2**

- Jerk - 70% x 3, 75% x 3, 80% x 2 x 2, 85% x 2 x 3
- Hang power clean (below knee) - 60% (of clean) x 3 x 3
- Heaving snatch balance - 65% (of snatch) x 4 x 3

#### **Day 3**

- Block snatch pull + snatch (below knee) - 75% x 2(1+1) x 2, 80% x 2(1+1) x 2
- Block clean pull + clean (below knee) - 75% x 2(1+1) x 2, 80% x 2(1+1) x 2
- Snatch deadlift to hip + snatch pull - 80% (of snatch) x 3+1 x 4
- Front squat - 70% x 2 x 2, 75% x 2 x 4

#### **Day 4**

- Push press + jerk - 65% (of jerk) x 2+1 x 2, 70% x 2+1 x 2
- Hang power snatch (below knee) - 60% (of snatch) x 3 x 3
- Pin back squat (just above parallel) - 55% (of back squat) x 3 x 3, 60% x 3 x 2

#### **Day 5**

Rest Day

#### **Day 6**

- Snatch - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Clean & jerk - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Front squat - 80% x 3 x 5

#### **Day 7**

Rest Day

### **Week 4**

#### **Day 1**

- Block snatch pull + snatch (mid-thigh) - 75% x 1+1 x 2, 80% x 1+1 x 2
- Block clean pull + clean (mid-thigh) - 75% x 1+1 x 2, 80% x 1+1 x 2
- Clean pull - 90% x 3 x 4
- Pause back squat - 65% x 3 x 2, 70% x 3 x 3

#### **Day 2**

- Jerk - 70% x 3, 75% x 3, 80% x 2, 85% x 2, 90% x 2
- Hang power clean (below knee) - 65% (of clean) x 2 x 2, 70% x 2 x 2
- Heaving snatch balance - 65% (of snatch) x 3, 70% x 3 x 2

#### **Day 3**

- Block snatch pull + snatch (below knee) - 80% x 1+1 x 2, 85% x 1+1 x 2
- Block clean pull + clean (below knee) - 80% x 1+1 x 2, 85% x 1+1 x 2
- Snatch pull - 90% (of snatch) x 3 x 4
- Front squat - 75% x 2 x 5

#### **Day 4**

- Jerk balance - 55% (of jerk) x 3 x 4
- Split push press behind neck - 60% (of jerk) x 3 x 4
- Hang power snatch (below knee) - 65% (of snatch) x 2 x 2, 70% x 2 x 2
- Pin back squat (just above parallel) - 60% (of back squat) x 3 x 4

#### **Day 5**

Rest Day

#### **Day 6**

- Snatch - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Clean & jerk - 50% x 2, 60% x 2, 70% x 2, 75% x 2, 80% x 2, then to heavy single
- Front squat - heavy single

#### **Day 7**

Rest Day

## **Week 5**

### **Day 1**

- Snatch - 70% x 2, 75% x 2, 80% x 2, 85% x 1, 90% x 1, 85% x 1
- Clean & Jerk - 70% x 2, 75% x 2, 80% x 2, 85% x 1, 90% x 1, 85% x 1
- Clean Pull - 90% x 2, 95% x 2, 100% x 2
- Front Squat - 80% x 2, 85% x 1 x 2

### **Day 2**

- Power Snatch - 80% x 1 x 8
- Power Clean & Jerk - 80% x 1 x 8

### **Day 3**

- Snatch - 70% x 1, 75% x 1, 80% x 1 x 4
- Clean & Jerk - 70% x 1, 75% x 1, 80% x 1 x 4
- Snatch Pull - 90% x 2, 95% x 2, 100% x 2
- Back Squat - 80% x 3 x 3

### **Day 4**

- Power Snatch - 80% x 1 x 6
- Power Clean & Jerk - 80% x 1 x 6

### **Day 5**

Rest Day

### **Day 6**

- Snatch - 70% x 1, 75% x 1, 80% x 1, 85% x 1, 90% x 1, 95% x 1
- Clean & Jerk - 70% x 1, 75% x 1, 80% x 1, 85% x 1, 90% x 1, 95% x 1
- Front Squat - 90% x 1

### **Day 7**

Rest Day

## **Week 6**

### **Day 1**

- Snatch - 85% x 1 x 3
- Clean & Jerk - 85% x 1 x 3
- Clean Pull - 90% x 2 x 3
- Back Squat - 70% x 2, 75% x 2, 80% x 2

### **Day 2**

- Snatch - 60% x 1 x 8
- Clean & Jerk - 60% x 1 x 5
- Light technique work of choice - 10 min max

### **Day 3**

- Snatch - 75% x 1 x 3
- Clean & Jerk - 70% x 1 x 3
- Snatch Pull - 90% x 2 x 3

### **Day 4**

- Snatch - 40-50% x 1 x 5-8
- Clean & Jerk 40-50% x 1 x 4-6

*Adjust the weight and sets based on how you're feeling - if you're feeling tired and slow today, stick with the empty bar only.*

### **Day 5**

Rest Day

### **Day 6**

- Snatch - max
- Clean & Jerk - max
- Front or back squat - max

### **Day 7**

Rest Day