

## 4 Week Oly Starter Program

*The following is a 4-week training program that can be used to get started. This is a good cycle to start with if you have not previously been doing the Olympic lifts frequently in your training. Ab work should be done every training day, along with any supplemental work, e.g. back extensions, upper body beach work, etc that you want to do.*

### Week 1

*Choose weights by feel. Use a single weight for all prescribed sets. Weights should be challenging this week, but comfortably below max efforts.*

#### Day 1

- Clean & Jerk – 5 x 2+1
- Clean Pull – 3 x 3
- Back Squat – 3 x 5 (3 Sets of 5)

#### Day 2

- Snatch – 5 x 2
- Snatch Pull – 3 x 3
- Front Squat – 3 x 3

#### Day 3

- Snatch – heavy single
- Clean & Jerk – heavy single
- Front Squat – heavy single

### Week 2

*Use same or similar weights as week 1 with this increased volume.*

#### Day 1

- Clean & Jerk – 5 x 3+1
- Clean Pull – 4 x 3
- Back Squat – 5 x 5

#### Day 2

- Snatch – 5 x 3
- Snatch Pull – 4 x 3
- Front Squat – 5 x 3

#### Day 3

- Snatch – 6 x 1
- Clean & Jerk – 6 x 1
- Front Squat – 3 x 1

### Week 3

*Up the weights from last week as you're able to.*

#### Day 1

- Clean & Jerk – 5 x 1
- Clean Pull – 3 x 3
- Back Squat – 5 x 3

**Day 2**

- Snatch – 5 x 1
- Snatch Pull – 3 x 3
- Front Squat – 5 x 2

**Day 3**

- Snatch – heavy single
- Clean & Jerk – heavy single
- Front Squat – heavy single

**Week 4**

*Up the weights from last week as you're able to.*

**Day 1**

- Clean & Jerk – 5 x 1
- Clean Pull – 3 x 2
- Back Squat – 5 x 2

**Day 2**

- Snatch – 5 x 1
- Snatch Pull – 3 x 2
- Front Squat – 3 x 2

**Day 3**

- Snatch – heavy single
- Clean & Jerk – heavy single
- Front Squat – heavy single