

Week 1 300 total reps

SNA : 72 (30/30/12)  
 CJ : 54 (36/28)  
 SQT : 74 (30/24/20)  
 PUL : 48 (30/18)  
 PRS : 42 (15/15/12)

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Day 1

Tall snatch + OHS 16  
 40(2x2+2), 45(2x2+2)  
 Power snatch + OHS 30  
 Wave 1 : 63(1+5), 66(1+4), 69(1+3) 15  
 Wave 2 : 63(1+5), 66(1+4), 69(1+3) 15  
 Back squat + front squat 30  
 63(2x5+5)  
 66(1x5+5)  
 Press 15  
 35(1x8), 40(1x7)

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Day 2 54 reps

Clean pull + no foot + no hook clean + jerk 24  
 60(2x1+2+3), 63(1x1+2+3)  
 No foot clean + jerk 12  
 66(3x2+2)  
 Snatch pull + below knee snatch pull 18  
 85(2x3+3), 90(1x3+3)

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Day 3

Snatch pull + power snatch + snatch grip push press from ak blocks 15  
 60(2x1+1+3), 63(1x1+1+3)  
 Power snatch + snatch push press from ak blocks 15  
 66(1x2+3), 69(2x2+3)  
 Back squat + snatch balance 15  
 60(2x2+2), 63(1x1+2), 69(2x1+1)  
 Speed squats 24  
 65(4x6)

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Day 4

Pause out of hole squat 20  
 70(1x5); drop set 63(3x5)  
 Clean lift off + clean deadlift + clean pull 30  
 80(2x2+2+1), 85(2x2+2+1), 90(2x2+2+1)  
 Snatch sotts press 12  
 3 sets of 4 reps at RPE 7

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Day 5

No hook/no foot movement snatch 16 - nv  
 50(3x2), 55(3x2), 60(2x2)  
 No foot movement snatch 12  
 Wave 1 : 63/2, 65/2, 68/2  
 Wave 2 : 63/2, 65/2, 68/2  
 Clean pull + hip power clean + FS + hip clean 16  
 63(2x1+1+1+1), 66(2x1+1+1+1)  
 Clean pull + hip clean 12  
 Wave 1 : 66/1+1, 69/1+1, 72/1+1  
 Wave 2 : 66/1+1, 69/1+1, 72/1+1

Week 2 270 total reps

SNA : 48 (24/24)  
CJ : 62 (18/36/18)  
SQT : 54 (30/24)  
PUL : 62 (18/24/20)  
PRS : 44 (16/28)

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Day 1 56 reps

Clean pull + power clean + push press from ak blocks 12  
63(2x1+1+2), 66(2x1+1+2)  
Power clean + push press from ak blocks 24  
66(2x1+3), 69(2x1+3), 72(2x1+3)  
Deficit clean deadlift 20  
80(4x5)

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Day 2 62 reps

Snatch pull + hip power snatch + OHS + hip snatch 12  
60(2x1+1+1+1), 63(2x1+1+1+1)  
Hip snatch 12  
63(2x4), 66(1x4)  
Back squat 24  
73(1x6) ; drop set 63(2x6), 66(1x6)  
Snatch lift off + snatch deadlift 18  
85(2x4+2), 88(1x4+2)

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Day 3 34 reps

Tall clean + pause in split jerk 12\*\*  
43(2x2+2), 46(2x2+2)  
Power clean + pause in split jerk 18  
63(3x1+5)  
Snatch grip push press 16  
68(1x4), 71(1x4), 74(1x4), 77(1x4)

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Day 4 42 reps

Snatch + below knee hang snatch + snatch 24  
60(2x1+1+1), 63(2x1+1+1), 66(2x1+1+1), 69(2x1+1+1)  
No foot/no hook clean 12\*\*  
63(2x3), 66(2x3)  
No foot clean 18  
Wave 1 : 63/2, 66/2, 69/2  
Wave 2 : 63/2, 66/2, 69/2  
Wave 3 : 63/2, 66/2, 69/2

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Day 5 72 reps

Speed squat 30  
60(3x10)  
Clean grip RDL 24  
60(3x8)  
Press 28  
35(4x7)

Week 3 - 243 reps

SN : 55 (20/24/11)  
CJ : 44 (30/20)  
SQT : 64 (28/20/16)  
PUL : 42 (26/18)  
PRS : 38 (14/12/12)

Day 1 :

Snatch pull + power snatch + snatch grip push press from ak blocks 12\*\*  
63(3x1+3)  
Power snatch + snatch push press from ak blocks 20  
66/2+3, 69/2+3, 72/2+3, 75/2x+3  
Pause out of hole squat 16  
73(1x4); drop set 66(3x4)  
Snatch sotts press 12  
4 set of 3 reps at RPE 7-8

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Day 2 :

Power snatch + OHS 24  
Wave 1 : 63(1+5), 66(1+4), 69(1+3) 15  
Wave 2 : 63(1+5), 66(1+4), 69(1+3)  
Snatch pull + below knee snatch pull 18  
85(2x3+3), 90(1x3+3)

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Day 3 :

Clean pull + no foot + no hook clean + jerk 18  
60(2x1+2+3), 63(1x1+2+3)  
No foot clean + jerk 12  
66(3x2+2)  
Back squat + front squat 28  
63(2x5+5)  
66(1x5+5)  
Press 14  
35(1X8), 40(1x7)

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Day 4 :

Back squat + snatch balance 12  
60(2x2+2), 63(1x1+2), 69(2x1+1)  
Speed squats 20  
65(4x6)  
Clean lift off + clean deadlift + clean pull 26  
80(2x2+2+1), 85(2x2+2+1), 90(2x2+2+1)

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Day 5 :

Tall snatch 12\*\*  
40(2x2+2), 45(2x2+2)  
No hook/no foot movement snatch 12\*\*  
50(3x2), 55(3x2), 60(2x2)  
No foot movement snatch 11  
Wave 1 : 63/2, 65/2, 68/2  
Wave 2 : 63/2, 65/2, 68/2  
Clean pull + hip power clean + FS + hip clean 10  
63(2x1+1+1+1), 66(2x1+1+1+1)  
Clean pull + hip clean 10  
Wave 1 : 66/1+1, 69/1+1, 72/1+1  
Wave 2 : 66/1+1, 69/1+1, 72/1+1

Week 4 219 total reps

SNA : 48 (24/24)  
CJ : 62 (18/36/18)  
SQT : 54 (30/24)  
PUL : 62 (18/24/20)  
PRS : 44 (16/28)

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Day 1	56 reps	
Back squat		24
76(1x6) drop set 69(3x6)		
Deficit clean deadlift		16
80(1x4), 83(1x4), 86(1x4), 89(1x4)		
Press		24
Work up to today's heaviest 6RM		
Drop set ; 65% of 6RM for 3 sets of 6 reps		

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Day 2	62 reps	
Snatch + below knee hang snatch + snatch		18
63(2x1+1+1), 66(2x1+1+1), 69(2x1+1+1)		
No foot/no hook clean		12**
63(2x3), 66(2x3)		
No foot clean		18
63(2x2), 66(2x2), 69(2x2), 72(2x2), 75(1x2)		

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Day 3	34 reps	
Tall clean + pause in split jerk		12**
43(2x2+2), 46(2x2+2)		
Clean pull + power clean + push press from ak blocks		12**
66(2x1+1+2), 69(2x1+1+2)		
Power clean + push press from ak blocks		18
Wave 1 : 72/1+2, 75/1+2, 78/1+2		
Wave 2 : 72/1+2, 75/1+2, 78/1+2		
Snatch lift off + snatch deadlift		16
85(2x3+1), 88(1x3+1), 90(1x3+1)		
Snatch grip push press		15
82(1x3) ; drop set 72(4x3)		

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Day 4	40 reps	
Speed squat		24
72(1x8) ; drop set 62(2x8)		
Clean grip RDL		16
80(1x6) ; drop set 65(2x5)		

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Day 5	42 reps	
Snatch pull + hip power snatch + OHS + hip snatch		12**
60(2x1+1+1+1), 63(2x1+1+1+1)		
Hip snatch		24
63(1x4), 66(1x4), 69(1x4), 72(1x4)		
Power clean + pause in split jerk		18
4 sets building to today's heaviest 1+4		