

Coach's note

Welcome to the 3 day Masters program. This program was designed for our masters athletes that have careers, families and responsibilities that limit the amount of time that they can devote to training. This program is not "lesser" but a more patient approach to training. Expect to do a large amount of volume with positional variations that will increase your skill in the classical lifts and get you stronger.

I suggest that athletes perform the masters program Monday, Wednesday and Friday. This will give athletes the ample amount of rest that they need to recover from the program and have less of an impact on their busy schedules. If you haven't noticed, this program is all about your schedule outside of the gym.

If you feel you can train more than 3 days a week then feel free to download the team 5 day program. That is the standard amount of days that an athlete trains a week. However, this program has a substantial amount of volume and I feel it would be just as effective as any. So give it a try and see how things feel. If you feel like you can easily fit this training in your schedule and you are making progress, keep doing it. If you feel like you could do more days a week without negatively impacting your schedule then feel free to do the 5 day team program.

The main point is to make a decision that will benefit you. Athletes tend to make an unrealistic plan and get frustrated in the end. It is better to have a program that you can easily do consistently for a long time than an unrealistic program schedule that will only last a few weeks.

If you do not pay for coaching through the train heroic app - feel free to tag us in your videos so we can repost it on Instagram. It is the least that you can do using our programming.

**Mahalo,
Coach Marcus**

Week 1 : 200 reps

Day 1 :

Tall snatch + snatch grip push press
40% (2x2+3), 45%(2x2+3)
off max snatch

Power snatch + snatch grip push press
60(2x2+3), 65(2x2+3)
off max power snatch

Back Squat + Snatch balance
65(2x1+1+1+1), 70(2x1+1+1+1)
off max snatch

***Perform (1) back squat with your snatch grip then (1) snatch balance , rerack on your back then (1) back squat with your snatch grip then (1) snatch balance. This will be (1) set.*

Clean grip RDL (Romanian Deadlifts)
50(3x5); 55(3x5)
off max clean and jerk

Day 2 :

Tempo Clean DL + no foot clean
60(3x2+2), 65(3x1+2)
off max clean and jerk

No foot clean
wave 1 : 60/2,65/2,70/2
wave 2 : 60/2,65/2,70/2
off max clean and jerk

Tempo Back Squat
60(3x6), 65(2x6)
off max back squat

Day 3 :

Snatch pull + hip snatch
wave 1 : 60/1+2, 65/1+2, 70/1+2
wave 2 : 60/1+2, 65/1+2, 70/1+2
wave 3 : 70/1+1,70/1+1
off max snatch

BTN pause in dip jerk
60(3x2), 65(3x2), 70(2x2)
off max jerk

Snatch lift off + Snatch Deadlift
85(3x4+2)
off max snatch

Week 2 : 180 reps (-10% volume)

Day 1 :

Tall clean + push press

50(2x2+2), 55(2x2+2)

off max push press

hang power clean + jerk

65(2x2+2), 70(2x2+2)

off max power clean + jerk

back squat + pause front squat

60(2x3+2), 65(2x3+2), 70(2x3+2)

off max front squat (not back squat)

Day 2 :

Tempo snatch deadlift + no foot snatch

55(2x1+2), 60(2x1+2), 65(2x1+2)

off max snatch

no foot snatch

wave 1 : 60/2, 65/2, 70/2

wave 2 : 60/2, 65/2, 70/2

wave 3 : 70/1, 70/1

off max snatch

deficit clean deadlift

80(1x7) ; drop set : 65(1x7), 70(1x7)

off max clean and jerk

strict press

1 set x 8 reps at RPE 7

drop set

1 set x 7 reps at RPE 7

1 set x 6 reps at RPE 7

Day 3 :

below knee knee hang clean pull + below knee hang clean

65(2x3+2), 70(2x3+2)

off max clean and jerk

speed squat

60(2x6), 65(2x6)

off max back squat

Week 3 : 162 reps (-10% volume)

Day 1 :

Tall snatch + snatch grip push press
45%(4x2+2)
off max snatch

Power snatch + snatch grip push press
65(1x1+3), 70(2x1+3), 75(1x1+3)
off max power snatch

Back Squat + Snatch balance
Wave 1 : 65/1+1, 70/1+1, 75/1+1
Wave 2 : 65/1+1, 70/1+1, 75/1+1
Wave 3 : 75/1+1
off max snatch

***Perform (1) back squat with your snatch grip then (1) snatch balance , rerack on your back then (1) back squat with your snatch grip then (1) snatch balance. This will be (1) set.*

Clean grip RDL (Romanian Deadlifts)
70(1x5) ; drop set 60(4x5)
off max clean and jerk

Day 2 :

Tempo Clean DL + no foot clean
60(3x1+2), 65(2x1+2)
off max clean and jerk

No foot clean
Wave 1 : 65/1, 68/1, 72/1
Wave 2 : 68/1, 72/1, 76/1
Wave 3 : 72/1, 76/1, 81/1
off max clean and jerk

Tempo Back Squat
Wave 1 : 62/4, 66/4, 70/4
Wave 2 : 66/4, 70/4, 74/4
off max back squat

Day 3 :

Snatch pull + hip snatch
73(1x4) ; drop set - 63(3x4)
off max snatch

BTN pause in dip jerk
65(2x2), 68(2x2) , 71(2x2), 73(1x2)
off max jerk

Snatch lift off + Snatch Deadlift
100(1x3+2), drop set - 85(2x3+1)
off max snatch

Week 4 : 146 reps (-10% volume)

Day 1 :

Tall clean + push press

55(3x2+2)

off max push press

hang power clean + jerk

65(2x2+2), 70(2x2+2)

off max power clean + jerk

back squat + pause front squat

Wave 1 : 68/3+3, 71/3+3, 74/2+2

Wave 2 : 68/3+3, 71/2+2

off max front squat (not back squat)

Day 2 :

Tempo snatch deadlift + no foot snatch

Wave 1 : 62/1+2, 65/1+2, 68/1+2

Wave 2 : 65/1+2, 68/1+2

off max snatch

no foot snatch

68(2x2), 71(2x2), 74(2x2)

off max snatch

deficit clean deadlift

78(1x6), 81(1x6), 84(1x6)

off max clean and jerk

strict press

Work up to today's 5RM

Drop set

75% (3x5)

Off 5RM strict press

Day 3 :

below knee knee hang clean pull + below knee hang clean

72(4x2+2)

off max clean and jerk

speed squat

65(1x6), 68(1x6), 72(1x6)

off max back squat