

Name



Phase 1 Pre Season

DAY 1

DAY 2

LIFT								LIFT							
									Wt.	Clean	TBDL	RFE	Chin	Bench	
										100	100	100	100	100	
	WEEK 1		WEEK 2		WEEK 3				WEEK 1		WEEK 2		WEEK 3		
EXERCISE		Vol-Int		Vol-Int		Vol-Int		EXERCISE		Vol-Int		Vol-Int		Vol-Int	
A Series	Clean	3	71	3	80	3	71	A Series	Bench	6	65	6	72	6	65
		3	71	3	80	3	71			6	65	6	72	6	65
		3	71			3	71			6	65			6	65
	Rollout	8		10		12			Landmine	8		10		12	
		8		10		12				8		10		12	
	Hip Flexor Stretch	:20		:20		:20			Hip Flexor Stretch	:20		:20		:20	
		:20		:20		:20				:20		:20		:20	
B Series	RFE	6	65	6	72	6	65	B Series	1/2 Kneeling KB OH Press down side presses	8		8		8	
		6	65	6	72	6	65			8		8		8	
		6	65			6	65			8		8		8	
	Chin Up	8		8		8			1DB SLDL	10		10		10	
		8		8		8				10		10		10	
		MR		MR		MR									
Bench Glute Stretch	:20		:20		:20		Bench Glute Stretch	:20		:20		:20			
	:20		:20		:20			:20		:20		:20			
C Series								C Series							

“Everyone has the desire to win, but only champions have the desire to prepare.”



DAY 2

DAY 2

LIFT							LIFT								
								Wt.	Clean	TBDL	RFE	Chin	Bench		
									100	100	100	100	100		
								WEEK 1		WEEK 2		WEEK 3			
EXERCISE		Vol-Int		Vol-Int		Vol-Int		EXERCISE		Vol-Int		Vol-Int		Vol-Int	
A Series	Clean speed emphasis	2	74	2	85	2	74	Snatch speed emphasis	4	50	4	55	4	52	
		2	74	2	85	2	74		4	50	4	55	4	52	
		2	74			2	74		4	50			4	52	
	Rollout	8		10		12		Landmine	8		10		12		
		8		10		12			8		10		12		
	45° Hip Flexor Stretch	:20		:20		:20		45° Hip Flexor Stretch	:20		:20		:20		
:20			:20		:20		:20			:20		:20			
B Series	RFE	4	69	4	77	4	69	1 Leg Squat add vest, dumbbells	5		5		5		
		4	69	4	77	4	69		5		5		5		
		4	69			4	69								
	Neutral Grip Chin Up use belt if stronger than 20lbs	6		6		6		X Pulldown keep % above 90	10		10		10		
		6		6		6			10		10		10		
	Bench Glute Stretch	:20		:20		:20		Bench Glute Stretch	:20		:20		:20		
		:20		:20		:20			:20		:20		:20		
C Series	SLDL	5		5		5		Shoulder Elevated Hip Lift	6		8		10		
		5		5		5			6		8		10		
	1/2 Kneeling KB OH Press	5		5		5		Bench	4	69	4	77	4	69	
		5		5		5			4	69	4	77	4	69	
									4	69			4	69	
	T.K. Lift	8		8		8		1/2 Kneeling Push/Pull	8		8		8		
		8		8		8			8		8		8		
Partner INT Rotation	10		10		10		OH Carry	1		1		1			
	10		10		10			1		1		1			

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LIFT							LIFT								
								Wt.	Clean	TBDL	RFE	Chin	Bench		
								100	100	100	100	100			
								WEEK 1		WEEK 2		WEEK 3			
EXERCISE							Vol-Int		Vol-Int		Vol-Int				
A Series	Clean speed emphasis	4	72	4	83	4	72	A Series	Snatch speed emphasis	2	50	2	55	2	52
		4	72	4	83	4	72			2	50	2	55	2	52
		4	72			4	72			2	50			2	52
	Elevated Rollout	8		10		12			Landmine	8		10		12	
		8		10		12				8		10		12	
	90° Hip Flexor Stretch	:20		:20		:20			90° Hip Flexor Stretch	:20		:20		:20	
		:20		:20		:20				:20		:20		:20	
	B Series	RFE FAST on the way UP	8	62	8	72	8		62	B Series	1 Leg Squat add vest, dumbbells	4		4	
8			62	8	72	8	62	4				4		4	
8			62			8	62								
Pull Up use belt if stronger than 20lbs		4		4		4		1 Arm ISO X Pulldown hold one at bottom	7			7		7	
		4		4		4			7			7		7	
Partner INT Rotation		10		10		10		Partner INT Rotation	10			10		10	
		10		10		10			10			10		10	
C Series	SLDL 2 DB or Barbell	8		8		8		C Series	SB Hamstring Curl w/ Squeeze	8		10		12	
		8		8		8				8		10		12	
	1/2 Kneeling KB OH Press	8		8		8			Bench FAST on the way UP	8	62	8	72	8	62
		8		8		8				8	62	8	72	8	62
										8	62			8	62
	StandingStable Push/Pull	8		8		8			1/2 Kneeling Lift	8		8		8	
		8		8		8				8		8		8	
	Band Breathes and Wall Slide	10		10		10			Bottoms Up Rack Carry	1		1		1	
10			10		10		1			1		1			

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Name



Phase 4

DAY 1

DAY 2

LIFT								LIFT									
									Wt.	Clean	TBDL	RFE	Chin	Bench			
										100	100	100	100	100			
	WEEK 1		WEEK 2		WEEK 3				WEEK 1		WEEK 2		WEEK 3				
EXERCISE	Vol-Int		Vol-Int		Vol-Int		EXERCISE	Vol-Int		Vol-Int		Vol-Int					
A Series	Clean	3	71	3	83	3	71	A Series	Snatch	4	50	4	55	4	50		
		3	71	3	83	3	71			4	50	4	55	4	50		
		3	71			3	71			4	50			4	50		
	Elevated Rollout	8		10		12			Landmine	8		10		12			
		8		10		12				8		10		12			
	Bench Quad Stretch	5 belly breaths					Bench Quad Stretch		5 belly breaths								
		5 belly breaths							5 belly breaths								
	B Series	RFE <i>Fast</i> on the way UP	6	65	6	75	6		65	B Series	1 Leg Squat	6		6		6	
6			65	6	75	6	65	6				6		6			
6			65			6	65										
Chin Up use belt		8		8		8		TRX Row feet up	8			10		12			
		8		8		8			8			10		12			
Partner INT Rotation		10		10		10		Partner INT Rotation	10			10		10			
		10		10		10			10			10		10			
C Series		SLDL	6		6		6		C Series		SB Hamstring Curl w/ Squeeze w/ weight	8		10		12	
			6		6		6					8		10		12	
	Standing KB ALT OH Press	6		6		6		Bench <i>Fast</i> on the way UP		6	65	6	75	6	65		
		6		6		6				6	65	6	75	6	65		
										6	65			6	65		
	Split Stance StablePush/Pull	8		8		8		1/2 Kneeling Chop		8		8		8			
		8		8		8				8		8		8			
	Crocodile Breathing + Wall Slide							Crocodile Breathing + 90/90 Carry									
10/10			10/10		10/10		10/1			10/1		10/1					
	10/10		10/10		10/10			10/1		10/1		10/1					

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																	100	100	100	100	100
																WEEK 1		WEEK 2		WEEK 3	
EXERCISE		Vol-Int		Vol-Int		Vol-Int		EXERCISE		Vol-Int		Vol-Int		Vol-Int							
A Series	Clean	2	74	2	85	2	74	A Series	Snatch	3	55	3	60	3	55						
		2	74	2	85	2	74			3	55	3	60	3	55						
		2	74			2	74			3	55			3	55						
	Wheel Rollout	8		10		12			Landmine	8		10		12							
		8		10		12				8		10		12							
	Bench Quad Stretch	5 belly breaths							Bench Quad Stretch	5 belly breaths											
		5 belly breaths								5 belly breaths											
	B Series	RFE <i>Fast</i> on the way UP	4	69	4	77	4		69	B Series	1 Leg Squat	4		4		4					
4			69	4	77	4	69	4				4		4							
4			69			4	69														
Chin Up use belt		6		6		6		TRX Row feet up	6			6		6							
		6		6		6			6			6		6							
Partner INT Rotation		10		10		10		Partner INT Rotation	10			10		10							
		10		10		10			10			10		10							
C Series		SLDL	4		4		4		C Series		SB Hamstring Curl w/ Squeeze w/ weight	8		10		12					
			4		4		4					8		10		12					
	Standing KB ALT OH Press	4		4		4		Bench <i>Fast</i> on the way UP		6	69	6	77	6	67						
		4		4		4				6	69	6	77	6	67						
										6	69			6	67						
	45° Rotation Push/Pull	8		8		8		Standing Lift		8		8		8							
		8		8		8				8		8		8							
Crocodile Breathing + Wall Slide	10/10		10/10		10/10		Crocodile Breathing + 90/90 Carry	10/1		10/1		10/1									
	10/10		10/10		10/10			10/1		10/1		10/1									

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