

Week 1		Week 2	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Power Snatch-1 Floor, 1 Knee	50%x6, 55%x6, 60%x6, 65%x3x6	1) Power Snatch-1 Floor, 1 Knee	53%x6, 58%x6, 63%x6, 68%x3x6
2) Back Squat	55%x8, 60%x8, 65%x8	2) Back Squat	60%x8, 65%x8, 70%x2x8
3) Military Press from Front	3x8	3) Military Press from Front	4x8
<b>Tuesday</b>		<b>Tuesday</b>	
1) Power Clean-1 Floor, 1 Knee	50%x6, 55%x6, 60%x6, 65%x3x6	1) Power Clean-1 Floor, 1 Knee	53%x6, 58%x6, 63%x6, 68%x3x6
2) Snatch Push Press + OH Squat	50%x4+1, 55%x4+1, 60%x3(4+1)	2) Snatch Push Press + OH Squat	55%x4+1, 60%x4+1, 65%x4(4+1)
3) RDL	3x8	3) RDL	4x8
<b>Wednesday</b>		<b>Wednesday</b>	
1) Power Snatch + OH Squat	50%x6, 55%x6, 60%x6, 65%x3x6	1) Power Snatch + OH Squat	55%x6, 60%x6, 65%x6, 70%x3x6
2) Front Squat	55%x6, 60%x4x6	2) Back Squat	60%x4, 68%x4, 72%x4, 80%x3x4
3) Clean Pull	70%x5, 80%x3x5	3) Clean Pull	75%x5, 85%x3x4
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	50%x4, 55%x4, 60%x4, 65%x3x4	1) Snatch	55%x4, 60%x4, 65%x3, 70%x3x3
2) Clean and Jerk	50%x3, 55%x3, 60%x3, 65%x3x3	2) Clean and Jerk	55%x3, 60%x3, 65%x3, 70%x3x2
3) Snatch Pull	70%x5, 80%x3x5	3) Snatch Pull	75%x5, 85%x3x4
<b>Saturday</b>		<b>Saturday</b>	
1) Power Clean + Power Jerk	50%x6, 55%x6, 60%x6, 65%x2x6	1) Power Clean + Power Jerk	55%x6, 60%x6, 65%x6, 70%x3x4
2) Back Squat	60%x3, 65%x3, 70%x3, 75%x3, 80%x3x3	2) Front Squat	55%x5, 60%x5, 65%x3x5
3) Snatch Balance	30%x5, 40%x3x5	3) Snatch Balance	30%x5, 40%x5, 45%x2x5
<b>Week 3</b>		<b>Week 4</b>	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Power Snatch-1 Floor, 1 Knee	58%x6, 63%x6, 68%x6, 73%x3x6	1) Power Snatch	58%x4, 63%x4, 68%x3x3
2) Back Squat	55%x4, 63%x4, 73%x3x8	2) Front Squat	55%x4, 63%x4, 70%x3x4
3) Military Press from Front	4x8	3) Military Press from Front	4x5, 10% less than last week
<b>Tuesday</b>		<b>Tuesday</b>	
1) Power Clean-1 Floor, 1 Knee	60%x6, 65%x5, 70%x5, 75%x3x4	1) Power Clean	60%x4, 65%x5, 70%x3x3
2) Snatch Push Press + OH Squat	58%x4+1, 63%x4+1, 68%x4(4+1)	2) Snatch Push Press + OH Squat	60%x3+1, 65%x3+1, 65%x3(3+1)
3) RDL	4x8	3) RDL	4x5, 10% less than last week
<b>Wednesday</b>		<b>Wednesday</b>	
1) Power Snatch + OH Squat	60%x6, 65%x6, 70%x6, 75%x3x4	1) Power Snatch + OH Squat	55%x4, 60%x4, 65%x4, 70%x3x4
2) Front Squat	60%x3, 68%x3, 72%x2, 75%x4x3	2) Front Squat	60%x4, 68%x4, 73%x3x4
3) Clean Pull	75%x4, 85%x4x3	3) Clean Pull	75%x3, 80%x3x3
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	60%x4, 65%x4, 70%x3, 73%x3x3	1) Snatch	60%x3, 65%x3, 70%x4x3
2) Clean and Jerk	60%x3, 65%x3, 70%x3, 75%x3x2	2) Clean and Jerk	60%x3, 65%x3, 70%x4x2
3) Snatch Pull	75%x4, 85%x4x3	3) Snatch Pull	75%x4, 80%x3x3
<b>Saturday</b>		<b>Saturday</b>	
1) Power Clean + Power Jerk	60%x6, 67%x5, 73%x4x4	1) Power Clean + Power Jerk	60%x4, 65%x4, 70%x3x4
2) Back Squat	60%x3, 70%x3, 75%x5, 80%x3x5	2) Back Squat	65%x3, 70%x3, 75%x3, 80%x3, 85%x2x3
3) Snatch Balance	30%x5, 40%x5, 75%x2x5	3) Snatch Balance	35%x4, 40%x3x4
<b>Week 5</b>		<b>Week 6</b>	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Snatch-Blocks, Above Knee	60%x3, 68%x3, 75%x2, 65%x3, 75%x3, 80%x2	1) Snatch-Blocks, Above Knee	63%x3, 70%x3, 78%x2, 70%x3, 77%x2, 82%x2
2) Back Squat	60%x6, 68%x6, 75%x4x6	2) Back Squat	60%x6, 68%x6, 75%x2x4, 80%x2x4
3) Clean Pull	70%x2x4, 80%x2x4	3) Clean Pull	75%x4, 80%x4, 85%x2x4
<b>Tuesday</b>		<b>Tuesday</b>	
1) Power Clean + Power Jerk	55%x3, 60%x3, 65%x2, 70%x3x2	1) Power Clean + Power Jerk	60%x3, 65%x2x3, 70%x2, 75%x2x2
2) Snatch Balance	35%x5, 40%x5, 45%x2x5	2) Snatch Balance	35%x5, 40%x5, 45%x5, 50%x5
3) Bent Over Row	3x10	3) Bent Over Row	4x10
<b>Wednesday</b>		<b>Wednesday</b>	
1) P Snatch Above Knee + P Snatch	60%x4, 65%x4, 70%x2x4, 75%x2x4	1) P Snatch Above Knee + P Snatch	62%x4, 67%x4, 72%x4, 76%x4, 80%x2x2
2) Front Squat	60%x5, 65%x5, 70%x5, 75%x2x4	2) Front Squat	67%x5, 73%x4, 79%x2x3, 83%x2x2
3) Push Press	65%x5, 70%x2x5	3) Push Press	62%x5, 66%x5, 70%x4, 74%x2x4
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	63%x3, 68%x3, 73%x3, 75%x2x3	1) Snatch	67%x3, 73%x3, 77%x3, 81%x3x2
2) Clean and Jerk	62%x3, 67%x3, 72%x2, 77%x3x2	2) Clean and Jerk	60%x3, 67%x2, 72%x2, 76%x2, 80%x2x2
3) Snatch Pull	70%x4, 75%x4, 82%x2x4	3) Snatch Pull	70%x2, 80%x4, 84%x2x4
<b>Saturday</b>		<b>Saturday</b>	
1) Split Jerk	60%x4, 65%x4, 70%x3, 75%x3x3	1) Split Jerk	64%x3, 68%x3, 72%x3, 76%x2, 80%x2x2
2) Back Squat	68%x4, 74%x4, 79%x3, 84%x3x3	2) Back Squat	60%x3, 66%x3, 71%x3, 76%x3, 81%x3
3) Snatch Deadlift	80%x2x5, 85%x2x5	3) Snatch Deadlift	86%x2x3, 75%x5, 85%x5, 90%x2x4
<b>Week 7</b>		<b>Week 8</b>	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Snatch-Blocks, Below Knee	67%x3, 74%x3, 80%x2, 72%x3, 78%x2, 84%x2, 88%x1	1) Snatch-Blocks, Below Knee	72%x3, 78%x2, 84%x1, 74%x3, 82%x2, 90%x1, 80%x3
2) Back Squat	65%x4, 73%x4, 80%x4, 84%x3x4	2) Front Squat	60%x3, 70%x3, 80%x3x3
3) Clean Pull	75%x4, 80%x4, 85%x2x3	3) Clean Pull	70%x3, 80%x3, 90%x2x3
<b>Tuesday</b>		<b>Tuesday</b>	
1) Power Clean + Power Jerk	65%x3, 70%x2, 75%x2, 80%x3x2	1) Power Clean + Power Jerk	66%x3, 72%x2, 76%x1, 80%x1, 84%x3x1
2) Snatch Balance	40%x4, 45%x4, 50%x4, 55%x2x4, 60%x4	2) Snatch Balance	40%x3, 50%x3, 55%x2x3
3) Bent Over Row	4x8	3) Bent Over Row	3x8
<b>Wednesday</b>		<b>Wednesday</b>	
1) P Snatch Above Knee + P Snatch	62%x4, 68%x4, 72%x4, 76%x2, 80%x2, 84%x2x2	1) P Snatch Above Knee + P Snatch	65%x4, 73%x4, 80%x2, 84%x2, 88%x3x2
2) Front Squat	60%x5, 65%x5, 70%x3x5	2) Front Squat	68%x4, 73%x4, 78%x2, 82%x2, 86%x2
3) Push Press	60%x5, 70%x4, 74%x3, 78%x2x3	3) Push Press	70%x3, 77%x3, 82%x3x3
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	66%x3, 72%x3, 76%x2, 80%x2, 84%x2x2	1) Snatch	65%x2, 70%x2, 75%x2, 79%x2, 83%x2, 87%x2
2) Clean and Jerk	60%x3, 70%x2, 76%x2, 80%x1, 84%x3x1	2) Clean and Jerk	65%x2, 70%x2, 75%x2, 80%x1, 84%x1, 88%x2x1
3) Snatch Pull	70%x4, 80%x4, 87%x3x3	3) Snatch Pull	70%x3, 80%x3, 90%x2x3
<b>Saturday</b>		<b>Saturday</b>	
1) Split Jerk	60%x3, 68%x2, 73%x2, 78%x2, 83%x2x2	1) Split Jerk	70%x3, 75%x2, 80%x2, 76%x3, 81%x2
2) Back Squat	60%x3, 70%x2, 76%x2, 80%x2, 84%x2, 88%x2x2	2) Back Squat	70%x2, 75%x2, 80%x2, 85%x2, 90%x1, 86%x5
3) Snatch Deadlift	70%x4, 80%x4, 90%x4, 95%x2x4	3) Snatch Deadlift	80%x3, 90%x3, 100%x2x3
<b>Week 9</b>		<b>Week 10</b>	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Snatch	65%x3, 72%x2, 78%x1, 68%x3, 75%x2, 81%x1, 70%x3	1) Snatch	68%x3, 74%x2, 80%x1, 70%x3, 77%x2, 82%x1, 72%x3
2) Back Squat	60%x3, 70%x3, 75%x3, 80%x3x5	2) Back Squat	60%x2, 70%x2, 80%x2, 84%x4x4
3) Clean Pull	70%x3, 80%x3x3	3) Clean Pull	70%x3, 80%x3, 85%x2x3
<b>Tuesday</b>		<b>Tuesday</b>	
1) Clean and Jerk	60%x2, 68%x2, 75%x2, 80%x3x2	1) Clean and Jerk	63%x2, 70%x2, 78%x2, 85%x3x2
2) Snatch Push Press	50%x5, 60%x2x5, 70%x5	2) Snatch Push Press + OH Squat	50%x3+1, 60%x2(3+1), 70%x2(3+1)
3) Pullups	3x8	3) Pullups	4x8
<b>Wednesday</b>		<b>Wednesday</b>	
1) Power Snatch	60%x3, 65%x3, 70%x3, 75%x2, 80%x2x2	1) Power Snatch	63%x3, 68%x3, 72%x2, 77%x2, 82%x2x2
2) Front Squat	60%x2, 65%x2, 70%x2, 75%x2, 80%x3x2	2) Front Squat	65%x2, 72%x2, 78%x2, 85%x4x2
3) Press	60%x4, 65%x4, 70%x2x4	3) Press	64%x4, 69%x4, 74%x2x4
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	65%x3, 70%x2, 74%x2, 78%x2, 82%x1, 86%x2x2	1) Snatch	70%x3, 75%x2, 80%x2, 84%x1, 88%x3x1
2) Clean and Jerk	65%x2, 70%x2, 75%x2, 80%x1, 85%x3x1	2) Clean and Jerk	63%x2, 68%x2, 73%x2, 78%x1, 83%x1, 87%x2x1
3) Snatch Hi Pull	65%x3, 70%x3, 75%x3x3	3) Snatch Hi Pull	70%x3, 75%x2x3, 80%x2x3
<b>Saturday</b>		<b>Saturday</b>	
1) Back Squat	70%x4, 75%x3, 80%x2, 83%x3x2	1) Back Squat	72%x4, 77%x3, 82%x2, 85%x4x2
2) Split Jerk	65%x3, 70%x3, 75%x3x3	2) Split Jerk	67%x3, 72%x3, 77%x3, 80%x2x2
3) Clean Deadlift	80%x4, 85%x3x4	3) Clean Deadlift	80%x4, 85%x4, 88%x2x4
<b>Week 11</b>		<b>Week 12</b>	
<b>Monday</b>	<b>%/Sets/Reps</b>	<b>Monday</b>	<b>%/Sets/Reps</b>
1) Snatch	70%x3, 76%x2, 82%x1, 74%x3, 80%x2, 85%x1, 74%x3	1) Snatch	72%x3, 78%x2, 84%x1, 76%x3, 82%x2, 88%x1, 80%x3
2) Front Squat	60%x2, 70%x2, 80%x2, 85%x3x2	2) Front Squat	65%x2, 74%x2, 83%x2, 88%x3x2
3) Clean Pull	70%x3, 80%x3, 90%x2x3	3) Clean Pull	75%x3, 83%x3, 93%x2x3
<b>Tuesday</b>		<b>Tuesday</b>	
1) Clean and Jerk	65%x2, 73%x2, 80%x2, 85%x3x2	1) Clean and Jerk	60%x2, 65%x2, 70%x2, 75%x2, 80%x2x2
2) Snatch Push Press + OH Squat	60%x2+1, 65%x2+1, 70%x2+1	2) Snatch Push Press + OH Squat	60%x1+1, 65%x1+1, 70%x1+1, 75%x1+1
3) Pullups	4x6	3) Pullups	80%x1+1, 4x5
<b>Wednesday</b>		<b>Wednesday</b>	
1) Power Snatch	70%x2, 75%x2, 80%x2, 84%x3x2	1) Power Snatch	72%x2, 78%x2, 83%x2, 88%x3x2
2) Front Squat	70%x2, 76%x2, 82%x2, 87%x4x2	2) Front Squat	70%x3, 77%x2, 83%x1, 88%x1, 93%x3x1
3) Press	66%x3, 71%x3, 76%x2x2	3) Press	65%x3, 70%x3, 75%x3, 80%x2x3
<b>Thursday</b>		<b>Thursday</b>	
<b>Off</b>		<b>Off</b>	
<b>Friday</b>		<b>Friday</b>	
1) Snatch	68%x2, 72%x2, 76%x1, 80%x1, 84%x1, 88%x1, 92%x2x1, Optional Heavy 2x1	1) Snatch	70%x2, 74%x2, 78%x1, 82%x1, 86%x1, 90%x1, 93%x2x1, Optional Heavy 2x1
2) Clean and Jerk	65%x2, 70%x2, 75%x1, 80%x1, 85%x1, 89%x2x1, Optional Heavy 2x1	2) Clean and Jerk	62%x2, 73%x2, 78%x1, 85%x1, 88%x1, 92%x2x1, Optional Heavy 2x1
3) Snatch Hi Pull	73%x3, 78%x3, 82%x3x3	3) Snatch Hi Pull	8%x3, 80%x3, 85%x2x3
<b>Saturday</b>		<b>Saturday</b>	
1) Back Squat	70%x3, 75%x3, 80%x2, 84%x2, 88%x3x1	1) Back Squat	68%x2, 73%x2, 78%x2, 82%x1, 87%x1, 92%x2x1
2) Split Jerk	68%x3, 74%x3, 79%x2, 83%x2x2	2) Split Jerk	70%x3, 74%x2, 78%x2, 82%x2x2
3) Snatch Deadlift	83%x4, 88%x4, 92%x2x3	3) Snatch Deadlift	85%x3, 90%x2, 95%x2x2