

**Saturday, August 12, 2017**

Muscle Snatch – 3x5

Power Snatch + Snatch + Overhead Squat – 65% x 1+1+1, 70% x 1+1+1 x 2, 75% x 1+1+1 x 2, 80% x 1+1+1 x 2

Power Clean + Clean + Jerk – 65% x 1+1+1, 70% x 1+1+1 x 2, 75% x 1+1+1 x 2, 80% x 1+1+1 x 2

Weighted Planks - 3 x 20-30 sec

**Saturday, August 19, 2017**

Muscle Snatch – 3x5

Power Snatch + Snatch + Overhead Squat (% of snatch) – 65% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1, RM

Power Clean + Clean + Jerk (% of CJ) – 65% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1, RM

Weighted Planks - 3 x 20-30 sec

**Saturday, August 26, 2017**

Muscle Snatch (15% lighter than last wk) - 3x5

Power Snatch + Snatch + Overhead Squat – 65% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1

Power Clean + Clean + Jerk - 65% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1, 70% x 1+1+1, 75% x 1+1+1, 80% x 1+1+1

Weighted Planks - 3 x 20-30 sec

**Saturday, September 02, 2017**

Muscle Snatch – 3x5

Snatch + Overhead Squat – 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1 x 3

Clean + Jerk - 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1 x 3

Weighted Planks - 3 x 20-30 sec

**Saturday, September 09, 2017**

Muscle Snatch – 3x5

Snatch + Overhead Squat – 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1, 85% x 2+1 x 2

Clean + Jerk – 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1, 85% x 2+1 x 2

Weighted Planks - 3 x 20-30 sec

**Saturday, September 16, 2017**

Muscle Snatch – 3x5

Snatch + Overhead Squat – 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1, 85% x 2+1, RM

Clean + Jerk – 65% x 2+1, 70% x 2+1, 75% x 2+1, 80% x 2+1, 85% x 2+1, RM

Weighted Planks - 3 x 20-30 sec

**Saturday, September 23, 2017**

Muscle Snatch (15% lighter than last wk) – 3x5

Snatch + Overhead Squat – 70% x 1+1, 75% x 1+1, 80% x 1+1, 70% x 1+1, 75% x 1+1, 80% x 1+1

Clean & Jerk – 70% x 1+1, 75% x 1+1, 80% x 1+1, 70% x 1+1, 75% x 1+1, 80% x 1+1

Weighted Planks - 3 x 20-30 sec

**Saturday, September 30, 2017**

Muscle Snatch – 3x5

Segment Snatch (knee) – HS

Clean Pull + Clean + Jerk - 1+1+1RM

Front Squat – 3RM

**Saturday, October 07, 2017**

Muscle Snatch – 3x5

Snatch – HS

Clean & Jerk 1+1 – HS

Front Squat – 3RM

**Saturday, October 14, 2017**

Muscle Snatch – 3x5

Snatch – HS

Clean & Jerk – HS

Front Squat – 70%x3, 75%x3, 80%x3

**Saturday, October 21, 2017**

Snatch – MAX

Clean & Jerk 1+1 – MAX

**Saturday, October 28, 2017**

Hang Power Snatch (knee) (% of snatch) – 60%x2x10

Snatch High-Pull – 70%x3x5

Back Squat – 60%x2x10

Weighted Planks - 3 x 20-30sec

**Saturday, November 04, 2017**

Hang Power Snatch (knee) (% of snatch) – 60%x2x5, 65%x2x5

Snatch High-Pull – 70%x3x2, 75%x3x3

Front Squat – 60%x2x10

Weighted Planks - 3 x 20-30sec

**Saturday, November 11, 2017**

Hang Power Snatch (knee) (% of snatch) – 65%x2x10

Snatch High-Pull – 70%x3x5

Back Squat – 60%x2x10

Weighted Planks - 3 x 20-30sec

**Saturday, November 18, 2017**

Power Snatch (% of snatch) – 65%x2x8

Snatch High-Pull – 70%x3x4

Front Squat – 60%x2x5, 65%x2x5

Weighted Planks - 3 x 20-30sec

**Saturday, November 25, 2017**

Power Snatch (% of snatch) – 60%x1x10

Block Snatch High-Pull (knee) – 75%x3x4

Front Squat – 60%x2x10

Weighted Planks - 3 x 20-30sec

**Saturday, December 02, 2017**

Power Snatch (% of snatch) – 60%x1x5, 65%x1x5

Block Snatch High-Pull (knee) – 75%x3x2, 80%x3x2

Back Squat – 60%x2x10

Weighted Planks - 3 x 20-30sec

**Saturday, December 09, 2017**

Snatch – HS

Clean & Jerk 1+1 – HS

(Clean & Jerk + 1 Jerk)

Back Squat – 60%x2x8

Weighted Planks - 3 x 20-30sec

**Saturday, December 16, 2017**

Snatch – MAX

Clean & Jerk 1+1 – MAX

Front Squat – HS