

Saturday, June 03, 2017

Goal:

3-position Snatches (65%)

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

High Hang Snatch

Hang Snatch

3-position Snatch (High Hange, Hang, Floor) (65%)

Workout:

EMOM 16:

odd: 3-position Snatch (High Hange, Hang, Floor) (65%)

even: Snatch (65%)

Tuesday, June 06, 2017

Goal:

Split Jerks

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

3x5 - Pressing in Split (barbell or PVC), building

4x3 - Push Jerk, building

5x1 - Jerk Snatch Balance (barbell or PVC), building

3x2 - Jerk Drive

Workout:

5x1 - Split Jerk, for form and consistency

Saturday, June 10, 2017

Goal:

Power Clean + Clean (70%)

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Muscle Clean

Power Clean

Clean

Workout:

EMOM 16:

Power Clean + Clean (70% to 85%)

*add weight every 4 minutes

Tuesday, June 13, 2017

Goal:

Power Snatch + Snatch (70%)

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Power Snatch

Pressing Snatch Balance

Snatch Balance

Snatch

Workout:

EMOM 16:

Power Snatch + Snatch (70% to 85%)

*add weight every four minutes

Saturday, June 17, 2017

Goal:

3-position Cleans (70%)

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Clean Pulls (90% to 105%)

Clean High Pull (85% to 90%)

3-Position Clean (70%)

Workout:

EMOM 14:

3-position clean + 1 Jerk

Tuesday, June 20, 2017

Goal:

Clean (75%) + 2 Jerks

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Muscle Clean

Power Clean

Clean (75%)

Workout:

EMOM 16:

Clean + Push Jerk + Split Jerk

Saturday, June 24, 2017

Goal:

3-position Snatches (70%)

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Snatch-grip (back-rack) Push Press

Snatch Balance

Muscle Snatch

3-position Snatches (70%)

Workout:

EMOM 14:

3-position snatch (70%)

Tuesday, June 27, 2017

Snatch Pull + Snatch (75%)

Goal:

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

Snatch Grip Deadlift (105%)

Snatch Pull (85% to 95%)

Snatch

Workout:

EMOM 16:

odd: 2x Snatch (75%)

even: 2x Snatch Pull (75%)

Saturday, July 01, 2017

Goal:

Test 1 RM with Burgener Total

Warm-Up: Catalyst Athletics Standard Warm-up

Accessory Work:

none

Workout:

"Burgener Total"

1 RM Snatch

1 RM Clean & Jerk

1 RM Front Squat