

WEEK	DATE	DAYS	BACK SQUAT	FRONT SQUAT	PRESS
Week 1	3-Jul-17	M,F,T	Back Squat - 60% x 8; 65% x 8; 70% x 6; 75% x 6 x 2	Front Squat - 60% x 8; 65% x 6; 70% x 5; 75% x 3; 70% x 5	Push Press - 75% x 5 x 5
Week 2	10-Jul-17	T,Th,F	Back Squat - 65% x 6; 70% x 6; 75% x 6; 80% x 5 x 2	Front Squat - 65% x 6; 70% x 5; 75% x 5; 80% x 3 x 2	Push Press - 78% x 5 x 5
Week 3	17-Jul-17	M,F,T	Back Squat - 75% x 5; 80% x 5 x 3; 83% x 3	Front Squat - 75% x 5; 80% x 4 x 2; 85% x 3 x 2	Push Press - 80% x 5 x 5
Week 4	24-Jul-17	T,Th,F	Back Squat - 80% x 5 x 2; 85% x 4 x 3	Front Squat - 80% x 4 x 3; 85% x 4 x 3	Push Press - 82% x 5 x 5
Week 5	31-Jul-17	M,F,T	Back Squat - 70% x 3 x 2; 75% x 2 x 3	Front Squat - 70% x 3 x 3; 75% x 3 x 2	Push Press - 72% x 3 x 5
Week 6	7-Aug-17	T,Th,F	Back Squat - 86% x 4 x 5	Front Squat - 85% x 4 x 5	Push Press - 85% x 4 x 4
Week 7	14-Aug-17	M,F,T	Back Squat - 88% x 3 x 5	Front Squat - 87% x 3 x 5	Push Press - 87% x 4 x 2; 87% x 3 x 3
Week 8	21-Aug-17	T,Th,F	Back Squat - 87% x 4; 87% x 3 x 2; 90% x 2 x 2	Front Squat - 89% x 2 x 5	Push Press - 89% x 3 x 4
Week 9	28-Aug-17	M,F,T	Back Squat - 80% x 2 x 5	Front Squat - 80% x 2 x 3	Push Press - 79% x 3 x 4
Week 10	4-Sep-17	T,Th,F	Back Squat - 90% x 2 x 4	Front Squat - 90% x 2 x 4	Push Press - 90% x 3 x 3
Week 11	11-Sep-17	M,F,T	Back Squat - 80% x 2 x 4	Front Squat - 80% x 2 x 4	REST
Week 12	18-Sep-17	T,Th,F	Back Squat - 90% x 1; 93% x 1; 95% x 1	Front Squat - 90% x 1	REST
Week 13	25-Sep-17	M,F,T	REST	REST	
Test Week	2-Oct-17	T,Th,F	1 RM Back Squat	Bugener Total	10 RM Push Press
Oly Week 1	9-Oct-17	M,F,T	High Hang Clean & Jerk 5x2+1	Clean Pull 3x3	Overhead Squat 5x3 @ 65%
Oly Week 2	16-Oct-17	T,Th,F	High Hang Snatch 5x2	Snatch Pull 3x3	Front Squat 3x5 @ 70%
Oly Week 3	23-Oct-17	M,F,T	Hang Clean & Jerk 5x2+1	Clean Pull 3x3	Overhead Squat 5x3 @ 70%
Oly Week 4	30-Oct-17	T,Th,F	Hang Snatch 5x2	Snatch Pull 3x3	Front Squat 3x5 @ 75%
Oly Week 5	6-Nov-17	M,F,T	Pause Clean (knees) & Jerk 5x2+1	Clean Pull 3x3	Overhead Squat 5x3 @ 75%
Oly Week 6	13-Nov-17	T,Th,F	Pause Snatch (knees) 5x2	Snatch Pull 3x3	Front Squat 4x3 @ 80%
Oly Week 7	20-Nov-17	M,F,T	Clean & Jerk 5x2+1	Clean Pull + Clean 3x2+1	Overhead Squat 4x2 @ 65%
Oly Week 8	27-Nov-17	T,Th,F	Snatch 5x3	Snatch Pull + Snatch 3x2+1	Front Squat 5x2 @ 75%
Oly Test Week	4-Dec-17	M,F,T	REST	REST	Bugener Total