

Strength Season

Build Plan - 4 Weeks



Plan Objectives

1. The goal with periodization is to maximize your gains while also reducing your risk of injury and the staleness of the protocol over the long term
2. An intelligently designed training year will encompass smaller blocks of time that each has its own goals or priorities

4 Week Schedule

- 6 days per week
- 60-90min per day

Sunday	<i>Day off to absorb training and set your week up for success!</i>
Monday	Clean & Jerk, Bench Press, Strict Press
Tuesday	Snatch, Back Squat, Deadlift
Wednesday	Front Squat, Push Press, Accessory
Thursday	Body Weight Strength
Friday	Snatch, Clean & Jerk, Accessory
Saturday	Back Squat, Sumo Deadlift, Accessory

Week 1 - Day 1 - LP Compete - Strength Season - Clean and Jerk, Bench Press, Strict Press

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Kang Squats
- Mobility Stick Dislocates & Front Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Clean Deadlift
- Clean Pull
- Muscle Clean
- Front Squat
- Strict Press

Part 2 - Clean and Jerk EMOM

- EMOM 10
- 1 Clean and Jerk @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Bench Press 5RM

- Build to a 5 RM
- + Drop Sets
 - 5 Reps @ 95% above of 5RM
 - 5 Reps @ 90% above of 5RM

Part 4 - Strict Press 3RM

- Build to a 3RM
- + Drop Sets
 - 3 Reps @ 95% above
 - 3 Reps @ 90% above

Week 1 - Day 2 - LP Compete - Strength Season - Snatch, Back Squat, Deadlift

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Snatch EMOM

- EMOM 10
- 1 Snatch @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Back Squat 3RM

- *Build to 3 RM with 3 second pause on 1st rep*
- *+ Drop Sets:*
 - *2 sets of 3 @ 90% above*

Part 4 - Deadlift EMOM

- EMOM 10
- 1 Deadlift @ 75% with 3 second pause 2 inches off ground
- You can build if things are good, but reps need to be perfect

Week 1 - Day 3 - LP Compete - Strength Season - Front Squat, Push Press, Accessory

Part 1 - Squat Preparation

Mobility - 3 Sets x 5 reps/Leg:

- Split Squats
- Cossack Squats
- Spider Lunges

Activation - 3 Sets x 10 Reps/Exercise:

- Banded Air Squat
- Banded Side Steps (L/R)
- Deep Squat Hold (30sec)

Part 2 - Front Squat 5RM

- *Build to a 5 RM Front Squat*
- + Drop Sets
 - 2 sets of 5 @ 90% of 5RM

Part 3 - Push Press 3RM


- *Build to 3 RM Push Press*
- + Drop Sets:
 - 3 @ 95% of 3RM
 - 3 @ 90% of 3RM

Part 4 - Accessory Upper Body

- 3 Sets x 10 Reps/Side
 - Single Arm Dumbbell Bent Over Row
 - Single Arm Dumbbell Bench Press
- Focus on Control, Tempo, Contraction - Not the Weight

Part 5 - Accessory Lower Body

- 3 Sets x 10 Reps/Side
 - Single Barbell Glute Bridge
 - Rear Foot Elevated Split Squat
- Focus on Control, Tempo, Contraction - Not the Weight



Week 1 - Day 4 - LP Compete - Strength Season - Body Weight Strength

Part 1 - Get Moving

- 50 Box Step-ups (24/20 inch)
- 40 Air Squats
- 30 Burpees
- 20 Pull-ups
- 10 Push-ups

Part 2 - Body Weight Strength & Mobility Circuit

- *4 Rounds - Rotating through Movements*
 - Half Turkish Get-ups - 8 Reps per Arm
 - Strict Wide Grip Pull-ups - 6 Reps
 - Diamond Push-ups - 8 Reps

Part 3 - Upper & Lower Body Mobility & Recovery

Week 1 - Day 5 - LP Compete - Strength Season - Snatch, Clean and Jerk, Accessory

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Pause Snatch

- *Paused 1sec at the Knee and 3sec in the Catch Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to heavy single (no pause)
- NOT touch and go reps, make sure you are resetting for each rep

Part 3 - Pause Clean and Jerk

- *Paused 1sec at the Knee and 3sec in the Split Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to Heavy Single (NO Pause)
- NOT touch and go reps, make sure you are resetting for each rep

Part 4 - Accessory Full Body

- 3 Sets x 10 Reps/Side
 - KB/DB Cross Body Carry (75ft/25m per Side)
 - Single Arm KB/DB OH Squat
 - KB/DB Upright Row
- Focus on Control, Tempo, Contraction - Not the Weight

Week 1 - Day 6 - LP Compete - Strength Season - Split Jerk, Back Squat, Sumo Dead, Acc

Part 1 - OLY Lift Preparation

Mobility - See Reps:

- Banded Pec, Tricep, Lat -
30sec/Exercise/Side (L/R)
- Band Pull Aparts, Ext Rotations,
Rows, Presses - 15 Reps/Exercise
- Mobility Stick Dislocates & Front
Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Strict Press
- Push Press
- Push Jerk
- Tall Split Jerk
- Pause in Dip & Catch Split Jerk

Part 2 - Pause Split Jerk

- Build to a 1 RM Pause Split Jerk (5 seconds in Split Position)
- + Drop Sets:
 - 3 singles @ 80% above (no pause)
- Honour the Pause in the Split Position

Part 3 - Pause Back Squat

- Build to a 1 RM with a 5 second Pause in the Bottom
- + Drop Sets
 - 2 sets of 3 @ 80% of Pause 1RM (NO pause)

Part 4 - Banded Sumo Deadlift

- Build to a 3RM Purple Band Sumo Deadlift
- + Drop Sets
 - 2 sets of 3 @ 3RM but with NO band

Part 5 - Accessory Full Body

- 3 Sets x 8 Reps/Side
 - KB/DB Single Leg Romanian Deadlift
 - Dual KB/DB Overhead Carry (75ft/25m)
- Focus on Control, Tempo, Contraction - Not the Weight

Week 2 - Day 1 - LP Compete - Strength Season - Clean and Jerk, Bench Press, Strict Press

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Kang Squats
- Mobility Stick Dislocates & Front Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Clean Deadlift
- Clean Pull
- Muscle Clean
- Front Squat
- Strict Press

Part 2 - Clean and Jerk EMOM

- EMOM 12 (Increasing Volume)
- 1 Clean and Jerk @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Bench Press 5RM

- Build to a 5 RM
 - *Same as last week, try to beat numbers*
- + Drop Sets
 - 5 Reps @ 95% above of 5RM
 - 5 Reps @ 90% above of 5RM

Part 4 - Strict Press 3RM

- Build to a 3RM
 - *Same as last week, try to beat numbers*
- + Drop Sets
 - 3 Reps @ 95% above
 - 3 Reps @ 90% above

Week 2 - Day 2 - LP Compete - Strength Season - Snatch, Back Squat, Deadlift

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Snatch EMOM

- EMOM 12 (Increasing Volume)
- 1 Snatch @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Back Squat 3RM

- *Build to 3 RM with 2 second pause on 1st rep*
 - *Decrease Pause by 1sec & beat last week*
- *+ Drop Sets:*
 - *2 sets of 3 @ 90% above*

Part 4 - Deadlift EMOM

- EMOM 10
- 1 Deadlift @ 75% with 2 second pause 2 inches off ground
 - *Decrease Pause by 1sec & beat last week*
- You can build if things are good, but reps need to be perfect

Week 2 - Day 3 - LP Compete - Strength Season - Front Squat, Push Press, Accessory

Part 1 - Squat Preparation

Mobility - 3 Sets x 5 reps/Leg:

- Split Squats
- Cossack Squats
- Spider Lunges

Activation - 3 Sets x 10 Reps/Exercise:

- Banded Air Squat
- Banded Side Steps (L/R)
- Deep Squat Hold (30sec)

Part 2 - Front Squat 5RM

- *Build to a 5 RM Front Squat*
 - *Same as last week, try to beat numbers*
- + Drop Sets
 - 2 sets of 5 @ 90% of 5RM

Part 3 - Push Press 3RM

- *Build to 3 RM Push Press*
 - *Same as last week, try to beat numbers*
- + Drop Sets:
 - 3 @ 95% of 3RM
 - 3 @ 90% of 3RM

Part 4 - Accessory Upper Body

- 3 Sets x 10 Reps/Side
 - Single Arm Dumbbell Bent Over Row
 - Single Arm Dumbbell Bench Press
- Focus on Control, Tempo, Contraction - Not the Weight

Part 5 - Accessory Lower Body

- 3 Sets x 10 Reps/Side
 - Single Barbell Glute Bridge
 - Rear Foot Elevated Split Squat
- Focus on Control, Tempo, Contraction - Not the Weight

Week 2 - Day 4 - LP Compete - Strength Season - Body Weight Strength

Part 1 - Get Moving

- 3 Rounds:
 - 23 Air Squats
 - 23 Push-ups
 - 23 KB Swings (50/35)
 - 23 Jumping Lunges
 - 23 Sit-ups
 - 23 box jumps (24/20 inch)

Part 2 - Body Weight Strength & Mobility Circuit

- 4 Rounds - *Rotating through Movements*
 - Half Turkish Get-ups - 8 Reps per Arm
 - Strict Wide Grip Pull-ups - 6 Reps
 - Diamond Push-ups - 8 Reps

Part 3 - Upper & Lower Body Mobility & Recovery

Week 2 - Day 5 - LP Compete - Strength Season - Snatch, Clean and Jerk, Accessory

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Pause Snatch

- *Paused 1sec at the Knee and 2sec in the Catch Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to heavy single (NO pause)(try to beat last week)
- NOT touch and go reps, make sure you are resetting for each rep

Part 3 - Pause Clean and Jerk

- *Paused 1sec at the Knee and 2sec in the Split Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to heavy single (NO pause)(try to beat last week)
- NOT touch and go reps, make sure you are resetting for each rep

Part 4 - Accessory Full Body

- 3 Sets x 10 Reps/Side
 - KB/DB Cross Body Carry (75ft/25m per Side)
 - Single Arm KB/DB OH Squat
 - KB/DB Upright Row
- Focus on Control, Tempo, Contraction - Not the Weight

Week 2 - Day 6 - LP Compete - Strength Season - Split Jerk, Back Squat, Sumo Dead, Acc

Part 1 - OLY Lift Preparation

Mobility - See Reps:

- Banded Pec, Tricep, Lat -
30sec/Exercise/Side (L/R)
- Band Pull Aparts, Ext Rotations,
Rows, Presses - 15 Reps/Exercise
- Mobility Stick Dislocates & Front
Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Strict Press
- Push Press
- Push Jerk
- Tall Split Jerk
- Pause in Dip & Catch Split Jerk

Part 2 - Pause Split Jerk

- Build to a 1 RM Pause Split Jerk (3 seconds in Split Position)
 - Decrease Pause, try to beat numbers from last week
- + Drop Sets:
 - 3 singles @ 80% above (no pause)
- Honour the Pause in the Split Position

Part 3 - Pause Back Squat

- Build to a 1 RM with a 3 second Pause in the Bottom
 - Decrease Pause, try to beat numbers from last week
- + Drop Sets
 - 2 sets of 3 @ 80% of Pause 1RM (NO pause)

Part 4 - Banded Sumo Deadlift

- Build to a 3RM Purple Band Sumo Deadlift
 - Same as last week, try to beat number from last week
- + Drop Sets
 - 2 sets of 3 @ 3RM but with NO band

Part 5 - Accessory Full Body

- 3 Sets x 8 Reps/Side
 - KB/DB Single Leg Romanian Deadlift
 - Dual KB/DB Overhead Carry (75ft/25m)
- Focus on Control, Tempo, Contraction - Not the Weight

Week 3 - Day 1 - LP Compete - Strength Season - Clean and Jerk, Bench Press, Strict Press

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Kang Squats
- Mobility Stick Dislocates & Front Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Clean Deadlift
- Clean Pull
- Muscle Clean
- Front Squat
- Strict Press

Part 2 - Clean and Jerk EMOM

- EMOM 15 (Increasing Volume again)
- 1 Clean and Jerk @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Bench Press 5RM

- Build to a 5 RM
 - Same as previous weeks, try to beat numbers
- + Drop Sets
 - 5 Reps @ 95% above of 5RM
 - 5 Reps @ 90% above of 5RM

Part 4 - Strict Press 3RM

- Build to a 3RM
 - Same as previous weeks, try to beat numbers
- + Drop Sets
 - 3 Reps @ 95% above
 - 3 Reps @ 90% above

Week 3 - Day 2 - LP Compete - Strength Season - Snatch, Back Squat, Deadlift

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Snatch EMOM

- EMOM 15 (Increasing Volume again)
- 1 Snatch @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Back Squat 3RM

- *Build to 3 RM with 1 second pause on 1st rep*
 - *Decrease Pause by 1sec & beat last week*
- *+ Drop Sets:*
 - *2 sets of 3 @ 90% above*

Part 4 - Deadlift EMOM

- EMOM 10
- 1 Deadlift @ 75% with 1 second pause 2 inches off ground
 - *Decrease Pause by 1sec & beat last week*
- You can build if things are good, but reps need to be perfect

Week 3 - Day 3 - LP Compete - Strength Season - Front Squat, Push Press, Accessory

Part 1 - Squat Preparation

Mobility - 3 Sets x 5 reps/Leg:

- Split Squats
- Cossack Squats
- Spider Lunges

Activation - 3 Sets x 10 Reps/Exercise:

- Banded Air Squat
- Banded Side Steps (L/R)
- Deep Squat Hold (30sec)

Part 2 - Front Squat 5RM

- *Build to a 5 RM Front Squat*
 - *Same as last week, try to beat numbers again*
- + Drop Sets
 - 2 sets of 5 @ 90% of 5RM

Part 3 - Push Press 3RM

- *Build to 3 RM Push Press*
 - *Same as last week, try to beat numbers again*
- + Drop Sets:
 - 3 @ 95% of 3RM
 - 3 @ 90% of 3RM

Part 4 - Accessory Upper Body

- 3 Sets x 10 Reps/Side
 - Single Arm Dumbbell Bent Over Row
 - Single Arm Dumbbell Bench Press
- Focus on Control, Tempo, Contraction - Not the Weight

Part 5 - Accessory Lower Body

- 3 Sets x 10 Reps/Side
 - Single Barbell Glute Bridge
 - Rear Foot Elevated Split Squat
- Focus on Control, Tempo, Contraction - Not the Weight

Week 3 - Day 4 - LP Compete - Strength Season - Body Weight Strength

Part 1 - Get Moving

- 5 Rounds:
 - 20 Air Squats
 - 20 Push-ups
 - 20 Box Step Overs (24/20 inch)
 - 20 Inverted Rows
 - 20 V-Sits

Part 2 - Body Weight Strength & Mobility Circuit

- *4 Rounds - Rotating through Movements*
 - Half Turkish Get-ups - 8 Reps per Arm
 - Strict Wide Grip Pull-ups - 6 Reps (2sec Negative)
 - Diamond Push-ups - 8 Reps (2sec Negative)

Part 3 - Upper & Lower Body Mobility & Recovery

Week 3 - Day 5 - LP Compete - Strength Season - Snatch, Clean and Jerk, Accessory

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Pause Snatch

- *Paused 1sec at the Knee and 1sec in the Catch Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to heavy single (NO pause)(try to beat last week)
- NOT touch and go reps, make sure you are resetting for each rep

Part 3 - Pause Clean and Jerk

- *Paused 1sec at the Knee and 2sec in the Split Position*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- + Build to Heavy Single (NO Pause)(try to beat last week)
- NOT touch and go reps, make sure you are resetting for each rep

Part 4 - Accessory Full Body

- 3 Sets x 10 Reps/Side
 - KB/DB Cross Body Carry (75ft/25m per Side)
 - Single Arm KB/DB OH Squat
 - KB/DB Upright Row
- Focus on Control, Tempo, Contraction - Not the Weight

Week 3 - Day 6 - LP Compete - Strength Season - Split Jerk, Back Squat, Sumo Dead, Acc

Part 1 - OLY Lift Preparation

Mobility - See Reps:

- Banded Pec, Tricep, Lat -
30sec/Exercise/Side (L/R)
- Band Pull Aparts, Ext Rotations,
Rows, Presses - 15 Reps/Exercise
- Mobility Stick Dislocates & Front
Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Strict Press
- Push Press
- Push Jerk
- Tall Split Jerk
- Pause in Dip & Catch Split Jerk

Part 2 - Pause Split Jerk

- Build to a 1 RM Pause Split Jerk (3 seconds in Split Position)
 - Same as last week, try to beat numbers
- + Drop Sets:
 - 3 singles @ 80% above (no pause)
- Honour the Pause in the Split Position

Part 3 - Pause Back Squat

- Build to a 1 RM with a 1 second Pause in the Bottom
 - Decrease Pause, try to beat numbers again from last week
- + Drop Sets
 - 2 sets of 3 @ 80% of Pause 1RM (NO pause)

Part 4 - Banded Sumo Deadlift

- Build to a 1RM Purple Band Sumo Deadlift
 - Only 1 Rep this week, crush numbers from last week
- + Drop Sets
 - 2 sets of 3 @ 90% of 1RM (NO band)

Part 5 - Accessory Full Body

- 3 Sets x 8 Reps/Side
 - KB/DB Single Leg Romanian Deadlift
 - Dual KB/DB Overhead Carry (75ft/25m)
- Focus on Control, Tempo, Contraction - Not the Weight

Week 4 - Day 1 - LP Compete - Strength Season - Clean and Jerk, Bench Press, Strict Press

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Kang Squats
- Mobility Stick Dislocates & Front Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Clean Deadlift
- Clean Pull
- Muscle Clean
- Front Squat
- Strict Press

Part 2 - Clean and Jerk EMOM

- EMOM 8 (Decrease Volume for Taper Week)
- 1 Clean and Jerk @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Bench Press 5RM

- Build to a 3 RM
 - Go Heavy but be Smart for Taper Week
- + Drop Sets
 - 2 sets of 3 @ 90% of 3RM

Part 4 - Strict Press 3RM

- Build to a 1RM
 - Go Heavy but be Smart for Taper Week
- + Drop Sets
 - 2 sets of 3 @ 80% of 1RM

Week 4 - Day 2 - LP Compete - Strength Season - Snatch, Back Squat, Deadlift

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Snatch EMOM

- EMOM 8 (Decrease Volume for Taper Week)
- 1 Snatch @ 75% +
- You can build as you see fit, but reps need to be good, no grinders

Part 3 - Back Squat 3RM

- *Build to 3 RM*
 - Go Heavy but be Smart for Taper Week
- *+ Drop Sets:*
 - 2 sets of 3 @ 90% above

Part 4 - Deadlift EMOM

- EMOM 8 (Decrease Volume for Taper Week)
- 1 Deadlift @ 75% with 1 second pause 2 inches off ground
- You can build if things are good, but reps need to be perfect

Week 4 - Day 3 - LP Compete - Strength Season - Front Squat, Push Press, Accessory

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - Squat Preparation

Mobility - 3 Sets x 5 reps/Leg:

- Split Squats
- Cossack Squats
- Spider Lunges

Activation - 3 Sets x 10 Reps/Exercise:

- Banded Air Squat
- Banded Side Steps (L/R)
- Deep Squat Hold (30sec)

Part 2 - Front Squat 5RM

- *Build to a 5 RM Front Squat*
 - *No Drop Sets for Taper Week*

Part 3 - Push Press 3RM

- *Build to 3 RM Push Press*
 - *No Drop Sets for Taper Week*

Part 4 - Accessory Upper Body

- 3 Sets x 10 Reps/Side
 - Single Arm Dumbbell Bent Over Row
 - Single Arm Dumbbell Bench Press
- Focus on Control, Tempo, Contraction - Not the Weight

Part 5 - Accessory Lower Body

- 3 Sets x 10 Reps/Side
 - Single Barbell Glute Bridge
 - Rear Foot Elevated Split Squat
- Focus on Control, Tempo, Contraction - Not the Weight

Week 4 - Day 4 - LP Compete - Strength Season - Body Weight Strength

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - Get Moving

- EMOM 30
 - Min 1 - 10 Lateral Box Step Overs (24/20 inch)
 - Min 2 - 5 Strict Push-up Burpees
 - Min 3 - 5 Strict Pull-ups
 - Min 4 - 10/Leg Lunges
 - Min 5 - 15 V-Sit-ups

Part 2 - Body Weight Strength & Mobility Circuit

- *4 Rounds - Rotating through Movements*
 - Dragon Flags - 8 Reps
 - Underhand Grip Strict Pull-ups - 6 Reps
 - Feet Elevated Push-ups - 8 Reps

Part 3 - Upper & Lower Body Mobility & Recovery

Week 4 - Day 5 - LP Compete - Strength Season - Snatch, Clean and Jerk, Accessory

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - OLY Lift Preparation

Mobility - 3 Sets x 5 reps:

- Spider Lunge & T-Spine Twist
- Bottom of Squat Hold & Twist
- Mobility Stick Dislocates & OH Squat Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Snatch Deadlift
- Snatch Pull
- Muscle Snatch
- BTN Press
- OH Squat

Part 2 - Pause Snatch

- *Build to Heavy Single - No Pauses - 2 misses allowed*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- NOT touch and go reps, make sure you are resetting for each rep

Part 3 - Pause Clean and Jerk

- *Build to Heavy Single - No Pauses - 2 misses allowed*
 - 40% x 3 Reps
 - 50% x 3 Reps
 - 60 % x 2 Reps
 - 70% x 2 Reps
 - 75% x 2 Reps
 - 80 % x 1 Reps
- NOT touch and go reps, make sure you are resetting for each rep

Part 4 - Accessory Full Body

- *3 Sets x 10 Reps/Side*
 - KB/DB Cross Body Carry (75ft/25m per Side)
 - Single Arm KB/DB OH Squat
 - KB/DB Upright Row
- Focus on Control, Tempo, Contraction - Not the Weight

Week 4 - Day 6 - LP Compete - Strength Season - Split Jerk, Back Squat, Sumo Dead, Acc

Taper Week - Week 5 - Testing Week - Build to 1RM

Part 1 - OLY Lift Preparation

Mobility - See Reps:

- Banded Pec, Tricep, Lat -
30sec/Exercise/Side (L/R)
- Band Pull Aparts, Ext Rotations,
Rows, Presses - 15 Reps/Exercise
- Mobility Stick Dislocates & Front
Rack Mobility

Barbell Prep - 3 Sets x 3 Reps/Exercise:

- Strict Press
- Push Press
- Push Jerk
- Tall Split Jerk
- Pause in Dip & Catch Split Jerk

Part 2 - 1RM Split Jerk

- Build to a 1 RM Pause Split Jerk (NO Pause)

Part 3 - 1RM Back Squat

- Build to a Heavy Single (No Pause)
 - Go Heavy but be Smart for Taper Week
- + Drop Sets
 - 2 sets of 3 @ 80% of 1RM


Part 4 - Sumo Deadlift

- Build to a Heavy Single Sumo Deadlift
 - Only 1 Rep this week, crush numbers from last week

Part 5 - Accessory Full Body

- 3 Sets x 8 Reps/Side
 - KB/DB Single Leg Romanian Deadlift
 - Dual KB/DB Overhead Carry (75ft/25m)
- Focus on Control, Tempo, Contraction - Not the Weight

Week 5 - LP Compete - Strength Season - Testing Week



Congrats on 4-Weeks of hard work and dedication to building your strength so you can take your performance to the next level this season. A base of strength is crucial to your overall success as an athlete as you build your skills, endurance and stamina.

Celebrate all of your hard work in Week 5 by crushing new Personal Bests ALL week long!

- **Monday** - Build to a 1RM Snatch and Clean & Jerk
- **Tuesday** - Build to a 1RM Bench Press and Strict Press
- **Wednesday** - Build to a 1RM Front Squat and Push Press
- **Thursday** - Active Recovery
- **Friday** - Build to a 1RM Back Squat
- **Saturday** - Build to a 1RM Deadlift