

5-Week Training Program, 5 Days per Week

Week1			Week 2			Week 3			Week 4			Week 5		
Day 1			Day 1			Day 1			Day 1			Day 1		
Overhead Squat	NV3	80%	Overhead Squat	NV2	90%	Snatch	NV2	80%	Power Snatch	NV3	70%	Snatch	SV1	90%
Power Clean	LV3	75%	Power Clean	NV3	80%	Power Clean	NV2	85%	Power Clean	NV3	70%	C & J	SV1	90%
Clean Pull Block	LV5	110%	Clean Pull Block	LV5	120%	Jerk Dips	NV3	110%	Jerk from Rack	NV3	70%	Back Squat	NV2	110%
Back Squat	LV3	90%	Back Squat	LV3	95%	Front Squat	NV3	85%	Front Squat	NV2	90%			
Push Press	SV5	60%	Push Press	SV5	60%									
Day 2			Day 2						Day 2			Day 2		
Snatch Balance	NV3	70%	Snatch Balance	NV3	80%	Snatch Balance	NV2	95%	Snatch Balance	NV2	95%	Power Snatch	NV2	80%
Power Jerk	NV3	70%	Power Jerk	NV3	75%	P Clean & Jerk	NV2	85%	P Clean & Jerk	NV2	85%	Power C & J	NV2	80%
Power Snatch	LV3	75%	Power Snatch	NV2	80%	Clean Pull	NV3	110%	Snatch Pull	NV3	110%	Front Squat	SV2	100%
Snatch Pull	SV3	100%	Snatch Pull	NV3	105%	Back Squat	NV2	105%	Back Squat	NV2	105%			
Front Squat	LV3	85%	Front Squat	LV3	90%									
Day 3			Day 3			Day 3			Day 3			Day 3		
Snatch f Knee	NV3	70%	Snatch f Knee	NV3	75%	Clean from Knee	NV2	80%	Snatch from Knee	NV2	75%	Day Off		
Split Squat	SV3	55%	Split Squat	SV3	60%	Split Squat	SV3	60%	Split Squat	SV3	60%			
Jerk f Racks	SV3	70%	Jerk f Racks	SV3	75%	Jerk f Racks	SV3	75%	Jerk f Racks	SV3	75%			
Good Morning	LV5	50%	Good Morning	LV5	55%	Good Morning	NV3	60%	Good Morning	NV3	60%			
Day 4			Day 4			Day 4			Day 4			Day 4		
Overhead Squat	SV3	70%	Overhead Squat	NV2	85%	Overhead Squat	NV2	90%	Snatch	SV1	93%	Snatch	NV2	70%
P Clean & Jerk	NV3	70%	P Clean & Jerk	NV2	80%	Snatch f Knee	NV3	65%	C & J	SV1	93%	Clean & Jerk	Nv2	70%
Clean Pull	NV3	110%	Clean Pull	NV3	110%	Jerk No Dip	NV3	50%	Clean Pull	NV3	110%			
Press	LV5	35%	Press	LV5	35%	Press	LV5	35%	Back Squat	SV2	110%			
Day 5			Day 5			Day 5			Day 5			Day 5		
Clean	SV3	70%	Clean	NV2	85%	Snatch	NV2	88%	Overhead Squat	NV3	65%	Competition Day		
Power Snatch	NV3	70%	Power Snatch	NV2	80%	Clean & Jerk	NV2	88%	P Clean f Blocks	NV3	70%			
Snatch Pull	NV3	110%	Snatch Pull	NV3	110%	Clean Pull	NV3	115%	Push Press	LV5	55%			
Back Squat	LV3	95%	Back Squat	LV3	100%	Back Squat	NV2	110%	Rom DL	NV3	60%			