

# 18 Week Training Program - Masters

## First Block - Strength and Conditioning

Weeks 1 - 4

	Week 1	Week 2	Week 3	Week 4
Day 1	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Half Ohd Squat 3 x 3 70% Power Clean 3 x 5 65% Clean Pull 3 x 3 100% Power Jerk 3 x 4 65% Front Squat P7-1 50-80% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Half Ohd Squat 3 x 3 70% Power Clean 3 x 4 70% Clean Pull 3 x 3 105% Power Jerk 3 x 4 65% Back Squat P8-2 50-85% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Half Ohd Squat 3 x 3 75% Power Clean 3 x 5 70% Clean Pull 3 x 3 110% Power Jerk 3 x 3 70% Front Squat P8-2 50-80% Cycle 5 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Half Ohd Squat 3 x 3 80% Power Clean 3 x 4 75% Clean Pull 2 x 3 115% Power Jerk 3 x 3 75% Back Squat P9-3 50-85% Cycle 5 Min 40 <sup>RPM</sup>
Day 2	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Pressing Snatch Bal 3 x 3 65% Power Snatch 3 x 5 65% Snatch Pull 3 x 3 100% Half Back Squat 3 x 4 80% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Pressing Snatch Bal 3 x 3 70% Power Snatch 3 x 4 68% Snatch Pull 3 x 3 105% Half Front Squat 3 x 5 85% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Pressing Snatch Bal 3 x 3 75% Power Snatch 4 x 4 70% Snatch Pull 3 x 3 110% Half Back Squat 3 x 5 90% Cycle 5 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat 2x20 Bar Pressing Snatch Bal 3 x 3 80% Power Snatch 4 x 3 75% Snatch Pull 3 x 3 115% Half Front Squat 3 x 4 95% Cycle 5 Min 40 <sup>RPM</sup>
Day 3	Cycle 5 Min 35 <sup>RPM</sup> Split Squat 3 x 3 50% Jerk from Racks 3 x 3 70% Power Clean 4 x 5 70% Clean Pull 4 x 4 100% Back Squat 3 x 4 80% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Split Squat 3 x 4 50% Jerk from Racks 3 x 3 70% Power Clean 4 x 5 70% Clean Pull 4 x 4 100% Back Squat 3 x 5 85% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Split Squat 3 x 4 50% Jerk from Racks 3 x 3 70% Power Clean 4 x 5 70% Clean Pull 4 x 4 105% Back Squat 3 x 5 90% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Split Squat 3 x 5 50% Jerk from Racks 3 x 3 75% Power Clean 3 x 3 75% Clean Pull 3 x 3 105% Back Squat 3 x 4 95% Cycle 4 Min 40 <sup>RPM</sup>