

13 Week Training Program - Seniors
First Block - Strength and Conditioning
Weeks 1 - 4

	Week 1	Week 2	Week 3	Week 4
Day 1	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 70% Front Squat P7-1 50-80% Power Clean 3 x 4 70% Clean Pull 3 x 3 95% Jerk No Dip 4 x 4 35% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 70% Back Squat P8-2 50-85% Power Clean 3 x 5 70% Clean Pull 3 x 3 100% Jerk No Dip 4 x 5 35% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 75% Front Squat P8-2 50-80% Power Clean 3 x 4 75% Clean Pull 3 x 3 105% Jerk No Dip 4 x 5 35% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 80% Back Squat P9-3 50-85% Power Clean 3 x 5 75% Clean Pull 2 x 3 110% Jerk No Dip 4 x 5 40% Cycle 5 Min 40 ^{RPM}
Day 2	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 3 70% Good Morning P8-3 30-55% Power Snatch 3 x 4 70% Snatch Pull 3 x 3 95% Push Press 3 x 5 50% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 3 75% Good Morning P9-4 30-55% Power Snatch 3 x 5 70% Snatch Pull 3 x 3 100% Push Press 3 x 4 55% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 3 80% Good Morning P8-3 35-60% Power Snatch 3 x 4 75% Snatch Pull 3 x 3 105% Push Press 3 x 4 55% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 3 85% Good Morning P8-3 35-60% Power Snatch 3 x 5 75% Snatch Pull 3 x 3 110% Push Press 3 x 4 55% Cycle 5 Min 40 ^{RPM}
Day 3	Cycle 5 Min 35 ^{RPM} Front Squat 3 x 3 80% Jerk from Racks 3 x 3 70% Push Press 3 x 3 50% Power Clean 4 x 5 70% Clean Pull 4 x 4 95% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Front Squat 3 x 3 85% Jerk from Racks 3 x 3 70% Push Press 3 x 4 50% Power Clean 4 x 5 70% Clean Pull 4 x 4 100% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Front Squat 2 x 3 90% Jerk from Racks 3 x 3 70% Push Press 3 x 4 50% Power Clean 4 x 5 70% Clean Pull 4 x 4 105% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Front Squat 3 x 2 95% Jerk from Racks 3 x 3 75% Push Press 3 x 5 50% Power Clean 3 x 3 75% Clean Pull 3 x 3 110% Cycle 4 Min 40 ^{RPM}
Day 4	Cycle 5 Min 35 ^{RPM} Press In Split Pos 3 x 5 30% Ohd Squat 3 x 2 80% Power Jerk 3 x 4 79% Good Mornings P10-6 30-50% Back Squat 3 x 4 85% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Press In Split Pos 3 x 5 30% Ohd Squat 3 x 2 85% Power Jerk 3 x 3 75% Good Mornings P10-5 30-55% Back Squat 3 x 4 90% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Press In Split Pos 3 x 5 30% Ohd Squat 3 x 3 85% Power Jerk 3 x 3 80% Good Mornings P10-5 30-55% Back Squat 3 x 5 90% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Press In Split Pos 3 x 5 33% Ohd Squat 3 x 2 90% Power Jerk 3 x 2 85% Good Mornings P10-5 35-60% Back Squat 3 x 5 95% Cycle 5 Min 40 ^{RPM}