

13 Week Training Program - Seniors

Second Block - Power Development

Weeks 5 - 8

	Week 5	Week 6	Week 7	Week 8
Day 1	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 85% Front Squat 3 x 4 85% Clean 3 x 3 70% Clean Pull 3 x 3 110% Jerk from Racks 4 x 3 65% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 3 80% Back Squat 3 x 4 90% Clean 3 x 3 70% Clean Pull 3 x 3 110% Jerk from Racks 3 x 3 75% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 2 90% Front Squat 3 x 3 90% Clean 3 x 2 80% Clean Pull 3 x 3 110% Jerk from Racks 3 x 3 75% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Ohd Squat 3 x 2 95% Back Squat 3 x 3 100% Clean 3 x 2 80% Clean Pull 3 x 3 110% Jerk from Racks 3 x 3 75% Cycle 5 Min 40 ^{RPM}
Day 2	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 2 90% P Snatch f Knee 3 x 3 65% Snatch Pull 3 x 3 110% Power Jerk 3 x 3 70% Back Squat 3 x 4 90% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 3 80% P Snatch f Knee 3 x 3 65% Snatch Pull 3 x 3 110% Power Jerk 3 x 3 70% Back Squat 3 x 4 90% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 2 95% P Snatch f Knee 3 x 3 70% Snatch Pull 3 x 3 110% Power Jerk 3 x 3 70% Back Squat 3 x 5 90% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Half Back Squat 2x20 Bar Snatch Balance 3 x 1 100% P Snatch f Knee 3 x 3 70% Snatch Pull 3 x 3 110% Power Jerk 3 x 3 70% Back Squat 3 x 4 90% Cycle 5 Min 40 ^{RPM}
Day 3	Cycle 5 Min 35 ^{RPM} Jerk Dip Iso 3 x 3 95% Rom Deadlift P8-3 40-65% Snatch 3 x 3 70% Snatch Pull Deficit 3 x 4 80% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Jerk Dip Iso 3 x 3 95% Rom Deadlift P9-4 40-65% Snatch 3 x 3 70% Snatch Pull Deficit 3 x 4 80% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Jerk Dip Iso 3 x 3 100% Rom Deadlift P10-5 40-65% Snatch 3 x 2 75% Snatch Pull Deficit 3 x 4 90% Cycle 4 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Jerk Dip Iso 3 x 3 100% Rom Deadlift P10-5 40-65% Snatch 3 x 2 75% Clean Pull Deficit 3 x 4 90% Cycle 4 Min 40 ^{RPM}
Day 4	Cycle 5 Min 35 ^{RPM} Power Snatch 3 x 3 77% Power C & J 3 x 3 73% Clean Pull 3 x 3 115% Back Squat 3 x 3 100% Cycle 3 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Power Snatch 3 x 3 70% Power C & J 3 x 3 70% Clean Pull 3 x 3 115% Back Squat 3 x 4 90% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Power Snatch 3 x 3 78% Power C & J 3 x 3 75% Clean Pull 3 x 3 115% Back Squat 3 x 4 95% Cycle 5 Min 40 ^{RPM}	Cycle 5 Min 35 ^{RPM} Power Snatch 3 x 2 80% Power C & J 3 x 2 80% Clean Pull 3 x 3 115% Back Squat 3 x 3 100% Cycle 5 Min 40 ^{RPM}