

**18 Week Training Program - Masters**  
**Second Block - Strength and Conditioning**  
 Weeks 5 - 8



	<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
<b>Day 1</b>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Ohd Squat to Bench    3 x 2      80% Power Clean            3 x 4      75% Clean Pull              3 x 3      110% Power Jerk              3 x 4      70% Front Squat             4 x 4      85% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Ohd Squat to Bench    3 x 2      85% Power Clean            3 x 3      80% Clean Pull              3 x 3      110% Power Jerk              3 x 4      70% Back Squat              4 x 4      90% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Ohd Squat to Bench    3 x 2      90% Power Clean            3 x 3      80% Clean Pull              3 x 3      115% Power Jerk              3 x 3      75% Front Squat             4 x 3      90% Cycle 5 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Ohd Squat to Bench    3 x 2      90% Power Clean            3 x 3      80% Clean Pull              2 x 3      115% Power Jerk              3 x 3      75% Back Squat              4 x 3      100% Cycle 5 Min 40 <sup>RPM</sup>
<b>Day 2</b>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Pressing Snatch Bal    3 x 4      75% Power Snatch            4 x 3      75% Snatch Pull              3 x 3      110% Back Squat to Bench    4 x 5      90% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Pressing Snatch Bal    3 x 4      75% Power Snatch            4 x 3      75% Snatch Pull              3 x 3      110% Back Squat to Bench    4 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 4      75% Power Snatch            4 x 3      80% Snatch Pull              3 x 3      110% Back Squat to Bench    4 x 4      95% Cycle 5 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Half Back Squat      2x20      Bar Pressing Snatch Bal    3 x 4      75% Power Snatch            4 x 3      80% Snatch Pull              3 x 3      115% Back Squat to Bench    4 x 4      90% Cycle 5 Min 40 <sup>RPM</sup>
<b>Day 3</b>	Cycle 5 Min 35 <sup>RPM</sup> Jerk from Racks        4 x 3      75% Power Clean            4 x 3      75% Clean Pull f Blks      4 x 4      110% Back Squat to Bench    3 x 6      80% Seated Press            4 x 5      35% Cycle 3 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Jerk from Racks        4 x 3      75% Power Clean            4 x 3      75% Clean Pull f Blks      4 x 4      115% Front Squat to Bench    3 x 4      80% Seated Press            4 x 5      35% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Jerk from Racks        4 x 3      75% Power Clean            3 x 3      80% Clean Pull f Blks      4 x 4      110% Back Squat              3 x 6      90% Seated Press            4 x 5      35% Cycle 4 Min 40 <sup>RPM</sup>	Cycle 5 Min 35 <sup>RPM</sup> Jerk from Racks        4 x 3      75% Power Clean            4 x 3      80% Clean Pull f Blks      3 x 3      115% Front Squat to Bench    3 x 4      90% Seated Press            4 x 5      35% Cycle 4 Min 40 <sup>RPM</sup>