



WEIGHTLIFTING
CLUB
WARRIOR
PROGRAMMING

Goatkiller



SAMPLE WEEK

SESSION 01 'SNATCH'

DRILLS

Choose either 1 OR 2.

- 1 if your power is <90% of your full snatch.
- 2 if your power is >90% of your full snatch.

1) In 8 minutes: Work up to a technically sound but challenging set of 5 TNG Muscle Snatch. In 5 minutes: 3 x 5 at 85% of heavy five.

2) In 8 minutes: work up to a technically sound but challenging set of 5 drop snatch. In 5 minutes: 3 x 5 at 90% of the heavy five.

Percentage back offs allow you to focus on speed and precision of positioning.

LIFT

Every 2 minutes x 6: Pull, high hang, hang, full snatch. 75% of 1RM.

Express the fullest range of motion YOU can.
Sometimes Squat snatch is demanded, be prepared.

Percentage back offs allow you to focus on speed and precision of positioning.

ACCESSORY

For minute A, Choose either 1 OR 2:

- 1 if your pull needs more work than your squat.
- 2 if you struggle with deep overhead squat but pulling feels sweet.

EMOM10:

Minute A) Option 1: 5 snatch pulls, 90% 1RM

Minute A) Option 2: 5 overhead squat: 80% 1RM snatch.

Minute B) 6-8 strict pull-up, 3 count eccentric. (Scaling options: toes on box strict pull-ups, banded, or ring rows).

Alternate throughout.

SESSION 02 'CLEAN AND JERK'

DRILLS

Choose either 1 OR 2.

- 1 if your power is <90% of your full clean.
- 2 if your power is >90% of your full clean.

1) In 10 minutes: Work up to a technically sound but challenging set of 5 Muscle clean + press. In 5 minutes: 3 x 3+3 at 85% of heavy 5.

2) In 10 minutes: work up to a technically sound but challenging set of 5 tall clean + tall jerk. In 5 minutes: 3 x 3+3 at 85% of the heavy five.

Percentage back offs allow you to focus on speed

BATTERY

15 Squat clean and Jerk, 65%.

12 Squat clean and jerk 70%

9 Squat clean and Jerk, 75%

Express as full a range of motion as YOU can. Receive in a squat, sometimes that is demanded of you, so be ready.

ACCESSORY

For minute A, Choose either 1 OR 2:

- 1 if your pull needs more work than your squat.
- 2 if you struggle to stand to stand up your cleans.

EMOM10:

Minute A) Option 1: 5 Clean pulls, 90% 1RM clean.

Minute A) Option 2: 5 Front Squat, 3 count lower, 65-70% 1RM F.S.

Minute B) 8-10 strict ring dip, 3 count eccentric. (Scaling: parallel bar dip or ring push ups.)

Alternate throughout.

SESSION 03 'POWER'

CLEAN AND JERK

Every 30 sec x 10 mins. 1 Power clean at 75%.

SUPERSET

4 Sets:

A - Thrusters x 6 reps AHAP

B - Banded Face Pulls x 20reps

90 seconds Rest

BACK RACK STEP-UPS

4 x 7 each side. Rest 90 sec between sets.

Box at 24" for guys, 20" for girls, or such that hip crease is below knee at bottom of the rep.

(Recommended hinge sub - single leg RDL or HEAVY single arm KB Swing.
This is advisable if you get knee pain)